

GO LOCAL

INTERNSHIPS IN ECUADOR AND PERU

LEARN AND SUPPORT

*Co-designed with
Positive Impact Tourism*



APPLY NOW FOR THE 2025 INTERNSHIPS!



Unique internships

We are proud to present our unique internships to you.

Go Local and Positive Impact Tourism have joined forces to design internship programs for students from different fields of study to take place in Ecuador or Peru. These programs will enrich you as much as your host country, because you will not only be gaining professional skills in your field of study during your internship, but you will also make a meaningful positive impact. With fun activities, you will contribute to the Sustainable Development Goals for the local community that hosts you in Ecuador or Peru.

The goal of these carefully curated internships, is to provide you with a learning experience that gives you the opportunity to add a new level to your life. They will enrich you as you partake in subject matter activities for your field of study in an environment that is culturally very different from your own. With an internship abroad, you will strengthen your skills in a way that cannot be acquired at home nor by merely vacationing abroad. Immerse yourself fully and join your local hosts in daily activities for an enriching internship like no other!



Eligible fields of study

Internships are currently open for the following fields of study:

- *Tourism, Leisure, Hospitality*
- *Culinary arts, Chocolatier, Barista*
- *Medical (nursery, midwifery)*
- *Social Work*
- *Biology*
- *Agriculture and biotechnology*

If you are following a track that is not mentioned, please contact Go Local to see if you can apply for an internship program. All applicants are subject to screening from both your professors and Go Local.



GO LOCAL!

*All internships co-designed by
Go Local Travel in collaboration with
Positive Impact Tourism*



INTERNSHIP PROGRAMS



Ecuador

1. Enhance your hospitality in Quito

Learn on the job at an Art Deco hotel in the capital city of Quito, Ecuador.

During your internship, you will work at the Art Deco hotel and are able to experience a number of different positions in the first weeks of the internship to learn what it takes to keep a hotel running smoothly.

Depending on your talents, interests and your college assignments, you will then choose your department to work in for the rest of the internship.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed

Throughout your internship, you will also participate in at least one positive impact excursion, see below.



Impact experience

A. Sports and games in Quito - 4h

There are many children in Ecuador that attend after school programs to aid in their development and education. In this experience, you will join Mario and the child care workers to play some sports or games with the children, which also helps with their social skills.

We will start by picking up some supplies at a local market on our way to the organization to donate to them. Depending on their needs. After the interactions with the children, we will drop you off at your accommodation.



2. Culinary arts in Quito

If you are training to become a chef and would like to immerse yourself in the Ecuadorian kitchen and Inca gastronomy, this is the internship for you.

During your internship, you will be training with the kitchen team at the Art Deco hotel in Quito and provide the guests with delicious meals.

You will also visit the plantation the hotel gets its fresh produce from so you can learn all about the ingredients you are cooking with, from seed to harvest. And you will participate in some daily farming activities hands-on.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed

Throughout your internship, you will also participate in at least two positive impact excursions, see below.



Impact experiences

B. Superfoods experience (1-day)

This experience takes you from Quito to a superfoods farm. You will go on a tour to a farm and they will explain why this is a superfood and what the benefits are. You will receive an explanation about the whole process from sowing to finished product. We will take a break with a healthy superfood snack. You now have the opportunity to help on the farm together with the internship students and the farmers. Like planting, harvesting, making special honey or fresh fruit packages. The activities depend on the activities that have to be done that day.

We will then go back to Quito and have a late lunch together in the restaurant where the students have their internship. You will help to make the dessert with as a specialty the superfood product you took with you from the farm. After lunch, you will be dropped off at your accommodation.

C. Cook to share experience (half day)

This experience is all about giving back to the local community. Early morning, we pick you up and go to the market and buy ingredients as donation to the organization led by a Dutch woman who serves 150 meals every day to the elderly in and around Quito. We will start to prepare traditional Ecuadorian meals and hand them over to the elderly while you receive more information about the foundation and the situation of the elderly that pick up their lunch every day.



3. After school programs in Quito

With this internship, you will provide a safe and nurturing environment for children to continue learning and engaging in activities outside of regular school hours. The focus is on education, recreation, health and emotional development. You will help the children with homework, teaching English and sports activities.

Most of the time, you will work half days, so it is a perfect internship to combine with another activity like learning better Spanish or exploring the capital some more.

Please note: for this internship some additional requirements need to be met beforehand and South America has strict laws and regulations for working with children.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursions see below.

Impact experiences

C. Cook to share experience (half day)

This experience is all about giving back to the local community.

Early morning, we pick you up and go to the market and buy ingredients as donation to the organization led by a Dutch woman who serves 150 meals every day to the elderly in and around Quito.

We will start to prepare traditional Ecuadorian meals and hand them over to the elderly while you receive more information about the foundation and the situation of the elderly that pick up their lunch every day.



4. Social interactions with the elderly in Quito

Helping the elderly in Quito is a meaningful way to make a positive social impact. A lot of elderly are lonely because they lost their loved ones, have no family support or have financial issues. A Dutch woman provides 150 meals every day for the elderly in need. You will help this organization by preparing meals, organizing activities, play therapy and social support for the elderly.

With this internship, you will not only support the daily activities, but also investigate the additional social needs and activities needed to help the elderly further in a more comfortable life.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experiences

A. Sports and games in Quito (4h)

There are many children in Ecuador that attend after school programs to aid in their development and education. In this experience, you will join the child care workers to play some sports or games with the children, which also helps with their social skills.

We will start by picking up some supplies at a local market on our way to the organization to donate to them. Depending on their needs. After the interactions with the children, we will drop you off at your accommodation.

5. Pregnancy care in North Ecuador



This internship is meant for nursing and midwifery students and takes place in an indigenous village in the north of Ecuador. This means you will be really immersed in their culture and daily life and will learn a lot about the ways of the indigenous people of Ecuador.

During your internship, you will support local health care workers with pregnant women to make sure they get the best pre-natal and immediate post-natal care possible. If you are curious to learn more about the indigenous methods of turning babies with sheets, this internship is of specific interest to you!

NB: please note that because of the language barrier, this internship requires you to read, write and speak Spanish on an intermediate level. It is possible to receive Spanish lessons in the village as well during your stay to improve your skills to communicate effectively with the clients.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Intermediate Spanish



Throughout your internship, you will also participate in at least two positive impact excursions, see below.

Impact experiences

D. Village life experience (1-day)

You will be invited by a local family and learn about and participate in their daily activities. Like bringing the children to school, going to the market, helping in the garden with the vegetables and animals. In the afternoon, you cook together and share the meal and precious moments on the dining table as people from different backgrounds.

E. Elderly support in North Ecuador (half day)

We will go to the local market together and buy supplies as a gift to the red cross. You will go to visit an elderly people's home run by the red cross and help with some of the daily activities, such as play therapy. After therapy, you can help in the kitchen to prepare meals and help with feeding the people who are in need of some assistance.



6. Rehabilitating wildlife in the Amazone

If you are a biology or wildlife student, this internship will let you experience what it is like to rehabilitate Ecuadorian wildlife that have fallen victim to illegal animal trading or deforestation.

The rescue center you will come to work for naturally engages in nature preservation efforts and the release of rehabilitated wildlife, making this a very rewarding and once-in-a-life-time experience.

NB: Please note that this internship takes place in a secluded part of the country in the amazone of rural Ecuador and placements are limited. The center maintains a hands-off policy as much as possible to make sure the animals stay wild and can properly be released after rehabilitation.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experience

F. Supporting wildlife research in the Amazone (1-day)

Early morning, you will go to the market to pick up some food as donations. After a half an hour drive, we arrive at the hillside location of the organization. It is a nice walk up before arrive to the building itself and during our way up, we receive more information about the Amazone from our guide and learn how important the work is that they are doing to teach the younger generation about wildlife in the Amazone.

You will join a class with their research/experiments if possible and have lunch together in their restaurant. In the late afternoon, we walk all the way down again and our driver will bring you back to your hotel.

7. Researching wildlife in the Amazone



This internship focuses on providing students with the opportunity to engage in researching animal species living in the Amazone in Ecuador.

During the internship, you will carefully observe the animals, their genetic make-up and their behavior. You will also conduct laboratory research to help the scientific center further their studies on the Amazonian wildlife.

NB: Please note that this internship takes place in a secluded part of the country in the amazon of rural Ecuador and placements are limited.

Period:	1-10 students
Group size:	All year round
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experience

G. Supporting rehabilitating efforts (1-day)

In the morning, we pick up some food at a local restaurant for lunch for yourselves and for the volunteers that work in the wildlife rehabilitation center. We will take a very nice walk with them in nature and we will pick up any trash that we come across and take it with us. So we combine enjoying the wonderful Ecuadorian nature with helping to keep it clean from pollution.

On a nice spot, we will have our picnic lunch together and afterwards we will walk back to the rehabilitation center where we will receive a tour and explanation about the organization.

8. Barista certificate



With this internship, students will learn all there is to know about coffee. From planting coffee tree seeds to harvesting coffee beans and from the burning process all the way to serving the best cups of coffee. The duration of the barista internship depends on the specific program you follow. Depending on the skills that you wish to acquire and whether you are taking a more comprehensive hospitality or culinary arts course, the internship can last from 1 to 3 months.

The barista internship takes place at a coffee plantation and you will immerse yourself in all aspects of the farm. At the end of the internship, if you pass the test, you will be granted an official barista certificate.

NB: if you wish to combine this internship with the Chocolatier internship (see further), please apply for both internships at the same time.

Period:	April - November 2025
Group size:	1-10 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experience

H. Ecuadorian Chocolate treats (1-day)

On this experience, we will drive to a local cacao farm and learn all about the process of farming cacao, from seed to chocolate bar.

We participate in some daily activities at the farm, for instance, planting cacao trees or harvesting the cacao. We will have our lunch at the farm and enjoy it with the employees. In the afternoon, we make chocolate from the cacao beans and taste some different flavors you can add to the chocolate like pepper or dry fruits.



9. Chocolatier certificate

With this internship, students will learn all there is to know about cacao and chocolate making and tasting. From planting variations of cacao trees to harvesting cacao all the way to making and tasting chocolate.

You will find out the differences in taste from a variety of cacao trees and processing methods. If you pass the test at the end of your internship, you will receive an official Chocolatier certificate. The course can take 1 to 3 months depending on the necessary skills.

NB: if you wish to combine this internship with the Barista internship (see before), please apply for both internships at the same time.

NB: please note that this internship is available also for the general public and/or the general public may join you on some of the internship days.

Period:	October 2024 - March 2025
Group size:	1-10 students
Start to prepare:	September 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experience

I. Coffee farm experience (1-day)

We will drive to a local coffee farm. You will learn all about the process of farming coffee, from seed to cup. And we will participate in some daily activities at the farm, for instance, harvesting or sorting coffee beans.

We will have our lunch at the farm and enjoy it with the employees.



10. Nursing in Ecuador

This internship is meant for nursing students and takes place in an indigenous village. This means that you will be really immersed in their culture and daily life and will learn a lot about the ways of the indigenous people of Ecuador.

During your internship, you will support local doctors and nurses to make sure the locals get the best health care possible. You will experience a variety of health care issues under the supervision of the resident doctor and nurses.

NB: Please note that because of the language barrier, this internship requires you to read, write and speak Spanish on an intermediate level. It is possible to receive Spanish lessons in the village as well during your stay to improve your skills to communicate with the clients.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Intermediate Spanish



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experience

J. Village elderly support (1-day)

Experience what the Red Cross does for the people in the villages and join to provide assistance to the locals with health issues.

Today, you will go to an elderly people's home and help with the daily activities, such as play, art and craft therapies. After the therapy, you can help in the kitchen to prepare meals for the elderly locals and assist whom needs it with enjoying their meal.

11. Sustainable agriculture & land cultivation



This internship is for you if you are interested in ways to build homes in a sustainable manner and in sustainable land cultivation combining modern day theories on sustainability with ancient indigenous knowledge and techniques.

During this internship, you will work with the locals to build a sustainable future in terms of both homes and land cultivation. This is a very hands-on internship in which the cultural exchange is meant to lead to learning and improving both for you and your local host community.

NB: Please note that because of the language barrier, this internship requires you to read, write and speak Spanish on an intermediate level. It is possible to receive Spanish lessons in the village as well during your stay to improve your skills to communicate with the clients.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Intermediate Spanish



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experiences

K. Sustainable housing & farming (1-day)

An intern or a local guide will give you a tour in the village to learn more about how people in the villages build their houses in a sustainable way and cultivate their land without machinery or chemical products.

You will have a healthy lunch in a local restaurant and in the afternoon you can help on a local farm with their daily activities.

Peru

12. Superfoods agro- & biotechnology

This internship will take you from the capital city of Lima to one of the biggest superfoods plantations of Peru.

During this internship, you will work with superfoods and are able to do scientific research on superfoods and food supplements under the supervision of your local colleagues.

The farm is located high up in the mountains and there is a lot of hands-on (research) work to do there. You will also be able to go to the university some days and follow some classes to learn more about superfoods.



Period:	April - October 2025
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experiences

L. Healthy school cooking (1-day)

Today, we will have a nice tour in the village and visit a local school together with the interns. You will give the children and their mothers a class in healthy lifestyle cooking with less oil and sugar and explain why this is so important. While at the school, we will also distribute fruits and vegetables.

13. Hospitality on a World Heritage site



Nothing beats improving your hospitality skills while on site of a World Heritage for which the importance of preservation are globally acknowledged; a situation that quite frankly should be the case for the whole of planet earth.

This internship takes place at a hotel in Cusco. During your internship, you will work at the hotel and are able to experience a number of different positions in the first weeks of the internship to learn what it takes to keep a hotel running smoothly. Depending on your talents, interests and your college assignment, you will then choose your department to work in for the rest of the internship.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experiences

M. Cusco and animal support (half day)

On the itinerary today is a 2.5 hour city walk tour showcasing the best sights of Cusco.

For your lunch, you will make a healthy lunch together at a local family hotel restaurant and enjoy the meal with their staff.

We will also go to the market and buy some fruit and vegetable leftovers to donate them to a small animal farm. Animals that have been abandoned, neglected or mistreated by their previous owners and need care, treatment and attention so that they are restored to full health and have the best chance of finding a new home.

14. Facilitating travel from Lima

This internship takes place at a travel agency in the capital city of Lima in Peru. You will work alongside your colleagues at the agency facilitating inbound tourism to Peru and exploring all facets of the company first before settling in on a role of your choice for the rest of the internship.

The travel company is keen to learn more about the sustainability aspects of travel that their guests from Europe are interested in, so you can help them to adjust to these new trends and demands. And you can help Go Local and Positive Impact Tourism to establish new tours/excursions tailored to travelers who want to contribute to the Sustainable Development Goals and leave a positive impact behind while in Peru.

If time permits, you may also join guests on shorter excursions in the role of trainee guide.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experiences

N. Lima city exploration (half day)

Today, we will explore the history and art of the capital Lima with an intern or local guide. You will go to one of the big street markets of Lima where you can taste several exotic fruits. When the market is finished, you will join a local cleaning team who cleans the streets of Lima every day. By joining them in their work, you learn more about the life of the locals while contributing to a positive impact on your host country.

After your hard work, we will bring you to a local restaurant where you can try one of the specialties of the Peruvian kitchen, like ceviche or causa.

15. Chef's delight in Lima



Peru is well-known for being a top destination for gastronomy.

So if you want to improve your chef's skills and help to make a positive impact on your local hosts, this internship is for you.

This culinary internship takes place in the capital city of Lima. During the internship, you will learn all about the Peruvian kitchen under the supervision of your local colleagues.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experiences

O. Healthy groceries in Lima (half day)

In the morning we go to a local market and buy some groceries as a donation to give to a health care organization in Lima. We will visit with the organization to learn more about the people, their backgrounds and the issues they have to deal with in South America.

We will make a healthy meal for the workers and volunteers and share our lunch together with them.

16. International sustainable business management



Learn the ropes of international business by immersing yourself in the Peruvian corporate world. A lot of fruit comes to Europe from countries like Peru and Ecuador. During this internship, you can research the supply chain and help to better organize transport and custom procedures of products transported by boat to the Netherlands.

Of course, an important part of the supply chain within the impact economy, is the level of sustainability. Big companies are starting to become obligated to be transparent about their sustainability efforts. You can gain valuable insights into the operating procedures at each stage of the supply chain and help to pinpoint opportunities for improvements and help to develop more sustainable procedures.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experiences

P. Superfoods & children (1-day)

Today, you will participate in a tour on the superfoods farm and learn more about the chain from the farm to the customers.

After lunch with the employees of a the farm, you will go to the local school and have an interactive moment with the children where you will teach them some things about your own country and some words in your native tongue.

17. Animal rehabilitation

Do you study as a biology or wildlife student, than you can do your internship on a wildlife rehabilitation center in the rain forest of Peru led by a Dutch family.

They give animals a second chance to live in their natural habitats.

you will take care of the animals, help with feeding, light construction work, planting and other daily activities with the other interns and the volunteers of the center.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Basic Spanish*

* a course will be provided if needed



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experiences

Q. River transport and village school life (1-day)

Today, you will go up the river with a canoeist and learn about the importance of his work in the Amazon to transport goods and bring the villagers to the mainland. Of course, we will enjoy the incredible beauty of nature as well.

In the afternoon, we will buy snacks for the small village school and learn more about their teaching system.

18. Medical internship in the Amazone



Are you a pre-health student (pre-med, pre-MD, pre-dental) looking to gain experience, you can enhance your skills in the Amazone of Peru and bring first-rate health care to the people in the villages.

You will provide healthcare services to people who usually do not have regular access to doctors or healthcare providers. The internship takes place in Puerto Inca, a region in the Peruvian Amazone.

Please note that an good level of Spanish is required to be able to converse with the local clients.

Period:	All year round
Group size:	1-4 students
Start to prepare:	Fall 2024
Language skills needed:	Intermediate+ Spanish



Throughout your internship, you will also participate in at least one positive impact excursion, see below.

Impact experience

R. School and Peruvian wildlife (1-day)

We will go to buy some school supplies in a local shop for the children of a small indigenous school and help with the daily activities, like learning English and playing sports.

In the afternoon, we will have lunch with the volunteers of a wildlife organization. You get a nice tour and learn more about the wildlife in the Amazone. In the end of the afternoon, we wil go swimming together in a nice waterfall.



Practical information

*Please read the following practical information
before applying for an internship.*



GO LOCAL!

Guidance

If the group of students participating is big enough, a Dutch speaking representative from Go Local will accompany you to Ecuador/Peru. If the group is smaller, Go Local's partners will make sure to greet you at the airport and guide you through the first days of your internship.

Representatives from Go Local will be on call for you for the entire duration of the internship in case you need them. Please be aware however, that a healthy level of self-reliance is expected, as well as the realization that society and culture in Ecuador/Peru are different from our own.

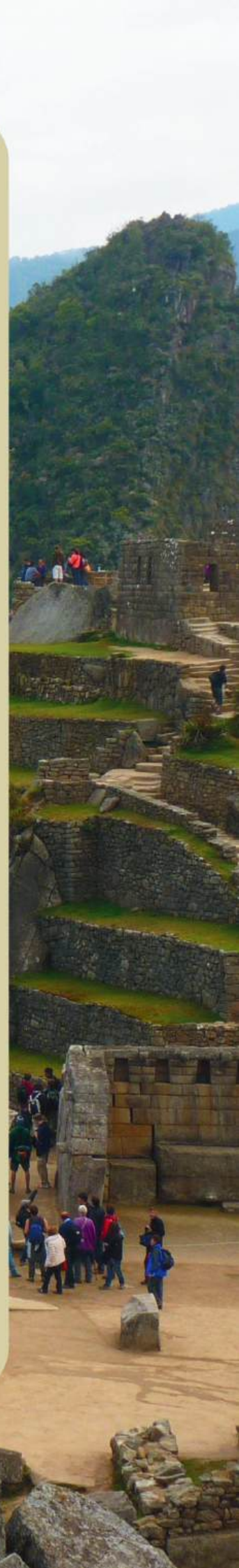
Go Local will provide you with some practical guidelines on the do's and don'ts in your host country to prepare for your internship. Abiding by these guidelines will give you the best chance of having an absolutely wonderful time in Ecuador/Peru and make the most of your time there.

Internship agreements

Go Local acts as an intermediate between the local companies offering the internships and you. This means that the internship contracts will be signed by you and these local companies in a mutual agreement. Go Local is not a party in the legal sense, but will assist you with the contract process and throughout your internship.

Language requirements

In case it is compulsory to have a particular level of Spanish to do one of the internships, it will be stated in the internship description. A basis Spanish language course can be provided by Go Local during the preparation stage of your internship.



Costs

Mediation fee: € 250,- per student.

Included in the mediation of Go Local:

- we make a tailor-made internship itinerary together with you;
- Go Local is available 24/7 via WhatsApp for help on the spot;
- we will be in contact with both your college and the internship project;
- we will provide advice and assistance with the preparations for departure, insurances and visa processes;
- we are available for evaluation meetings online during your internship with your collage and internship project.

We also have the ability to:

- book your flights for you
- pick-up service from the airport to internship address
- additional experiences and excursions at reduced student rates

Prices vary per internship and accommodation (homestay or hostel) and the number of meals included. An approximate price is between €20-30 per day. Please ask the Go Local team for the current prices for your preferred internship.

Visa requirements

For Ecuador, you will need a 3 month tourist visa that is renewable for up to 3 months for around US \$150

For Peru, you will need a 6 month tourist visa.

Contact information Go Local

To apply for an internship, inquire about the price of your preferred internship or to ask any questions that you may have, please send an email to:

Ms Esther van Schaijk at i-go-local@hotmail.com

