

Insight
Global Education

Thailand

Internship



Introduction to internships & philosophy

The internship component is one of the defining elements of the Semester in Development program. We offer hands-on internship experiences with locally-led organizations, allowing program participants to explore a variety of local and global issues while learning directly from grassroots changemakers. Our internship partner organizations cover a range of sectors within the international development and global issues sectors. We partner with organizations that are socially-focused, locally-led and community-driven.

The internship experience is intended to provide you with a realistic sense of what it means to work within the international development and social impact space. Your role will be designed with both your goals and the organization's needs in mind, ensuring that the placement is mutually beneficial.



Internships & Philosophy

Insight's in-country team works closely with our partners to ensure that you're matched with an organization that is well-suited to your skill set and experience. As an intern with one of our partners, you'll be learning from a team of local experts while providing support to the organization's ongoing projects. Navigating a new culture and workplace can present challenges, so you'll work with a supervisor who will provide guidance and mentorship throughout the duration of your placement.





Overview/ what to expect

Internships are an increasingly important first step in gaining work experience. Interning is a valuable way to achieve the requirement of having initial experience expected for many of today's careers. Internships can be particularly impactful for those looking to break into the competitive world of international development, the environment and social justice, or are hoping to get a sense of what a future career in this field could look like. Our Semester in Development programming is designed to provide students with meaningful, immersive internships, while also allowing them to experience new cultures, all while earning credits through our partner universities.



As a program participant with Insight

you will intern four days each week (Monday to Thursday), from 9am-5pm, at your host organization. Your internship placement will be tailored to your individual interests, background, and skill set.

Each internship varies in terms of work responsibilities, organization size, length of commute, English proficiency of staff, and potential out of town field work trips. You may spend your entire internship working at a laptop in an office in Chiang Mai's city centre, or you might spend time travelling through rural communities. Your internship experience is largely influenced by the type of organization you intern with, and their specific area(s) of focus.





The Internship Placement Process

Insight's Internship programs begin with a careful process of determining the best internship fit for every student enrolled in our program.

Step 01.

Submitting your SID form

Once you've been officially accepted into the Semester in Development Program, you'll have the opportunity to complete the SID Internship Form. This form asks a series of questions related to the internship and will prompt you to provide details on your academic background, interests, skill set and preferences. This information will allow your Program Director to tailor the placement process to your specific needs.

Step 02.

Review your internship recommendations

Once you've submitted your SID Internship Form, your Program Director will schedule a call with you to review the information you've provided, and discuss some internship options. Your Program Director will then recommend 2-3 organizations for you to apply for an internship with.

Step 03.

Preparing your internship application

The next stage of the placement process is focused on preparing your internship application materials. You'll be provided with SID specific templates to help you draft a cohesive resume and cover letter for each organization. You will then send your application to your Program Director, who will submit it directly to the team at each organization for review.

Step 04.

Connecting with internship host organizations

Your Program Director will notify you once your application has been accepted by an organization, at which point you'll be introduced to a staff member at that organization. In some cases you may be accepted to more than one placement, in which you'll be able to connect with the staff at each organization, allowing you to ask any questions you might have. The purpose of these conversations is to determine which organization will be the best fit for you, in order to move forward with an internship confirmation. Your Program Director will check in with you regularly throughout this process.





Step 05

Confirming your internship placement

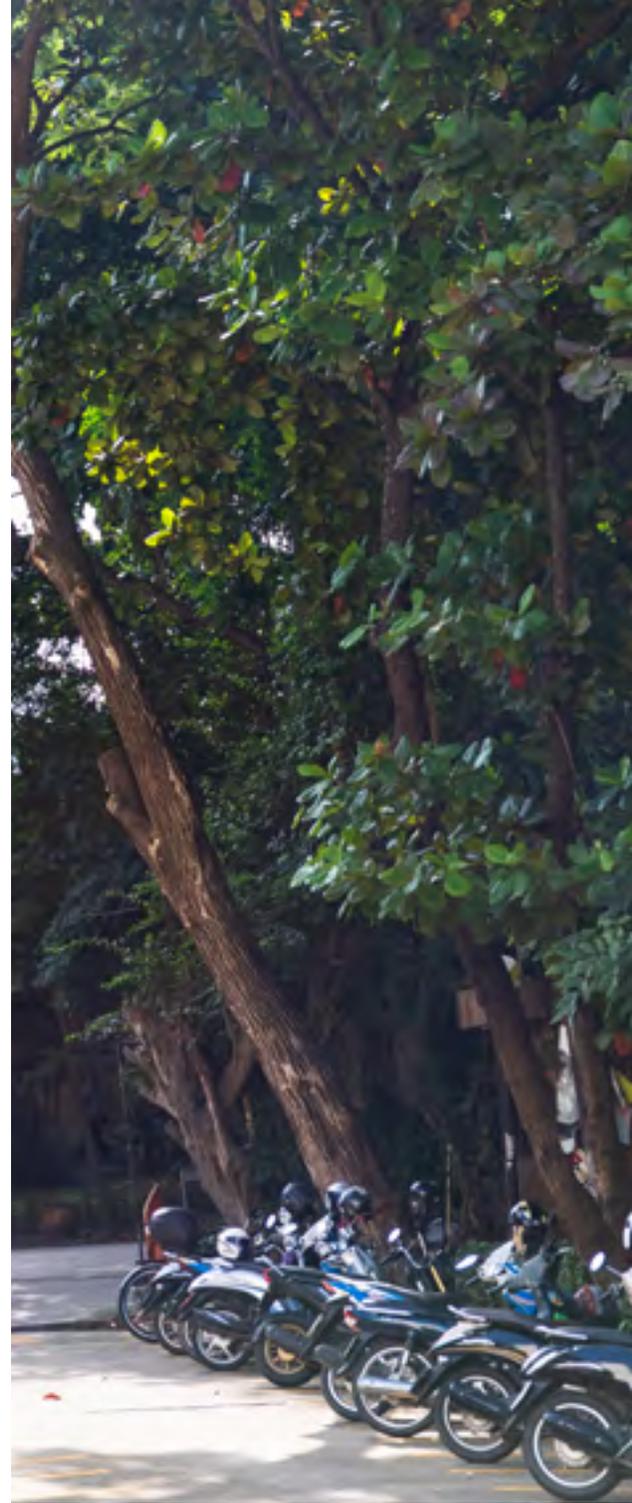
Congratulations! Your internship placement is now confirmed. The final phase of the placement process is to prepare for your internship. Your supervisor will send you the SID Internship Placement Overview form, which will provide you with helpful details about your host organization, the office environment and your role as an intern. Once you arrive in-country, you'll work with your supervisor to co-create your work plan.

Getting to your Internship

Chiang Mai has a few options for getting to and from work! It will be your responsibility to get yourself to work each day, and to plan out your time accordingly. Your Program Director will provide additional tips and information on methods of transport, including information on safety and pricing.

Grab Taxi

The most common way to order a taxi in South East Asia is using the 'GrabTaxi' app on your phone. Program Director will be able to help get you set up with this when you arrive. You can order a GrabBike (a motorbike taxi which is the most affordable), GrabCar (a private car similar to Uber or Lyft) or GrabTaxi (a licensed cab which is the most expensive). When using the app, most drivers prefer that you select cash as payment method so the driver can be paid right away (on the app you select cash or credit card for payment). Additionally, you'll likely have to direct your driver using Google Maps as many drivers choose to conserve data. Similar to apps like Uber and Lyft, you will have to be mindful that this is based on demand, and surcharging often goes up when it is raining. Additionally, there may be fewer rides available during peak hours or very late at night.



Motorbike Taxi

The most popular form of transportation in Thailand is motorcycle taxis. It is the law for the driver and passengers to wear a helmet. While some drivers will carry a spare helmet, we recommend you purchase your own helmet that meets international safety standards. You may use GrabBike or a licensed motorcycle taxi operators (all licensed operators in Thailand wear orange vests so passengers can easily identify them). If you are taking a licensed motorcycle taxi, make sure you negotiate your price with the driver before beginning your ride.

Rickshaw (Tuk-Tuk)

Another popular form of transportation in Thailand are tuk-tuks. These are motorized carts, but sometimes they are simply a cart attached to a motorbike. Taking a tuk-tuk is a great option if it is raining and you do not need to wear a helmet. You can order a tuk-tuk using the GrabTaxi app or you can flag one down on the street. Similar to a licensed motorbike taxi, be sure to negotiate a price before beginning your ride.

Public Minibus

Chiang Mai has a number of public buses that run throughout the city. Mini buses are the cheapest form of transport, but take longer and can be tricky to navigate for those who are new to the city. Usually the start and end locations are painted on the side of the bus, so if you are going to one of those two locations it is quite easy, however stops along the way are tricky unless you know the route. It is also worth noting that petty theft is common on public transit and you should be careful with your belongings on public buses.





A day in the life

07:00
am

Wake up, shower, make breakfast & get ready for work! Most offices start work at about 9.

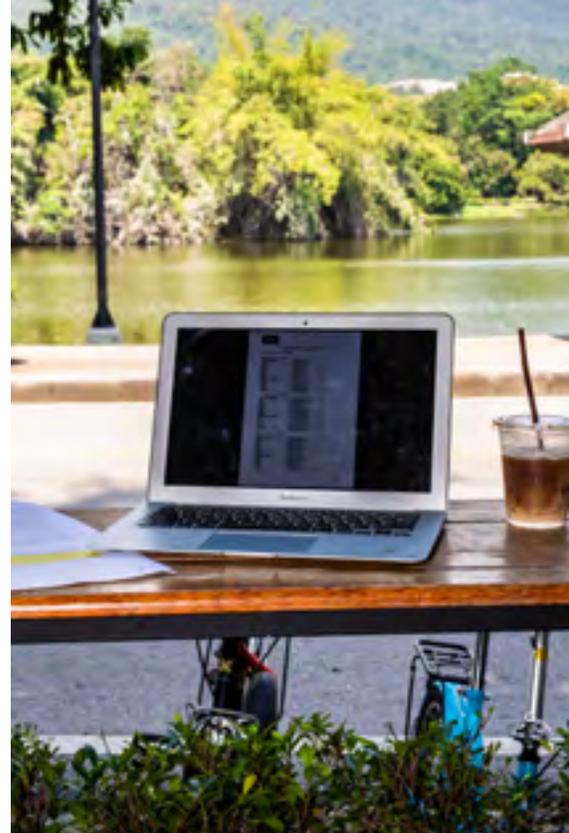
8-8:30
am

It will take a few days to get a feeling for Chiang Mai, and how long it takes to arrive on time, particularly if you plan on taking a public minibus or GrabCar/Taxi as these are often slower than motorbike or tuk-tuk in traffic. Chiang Mai's rush hour traffic is hectic, so you'll need to plan ahead of time for unexpected delays. Our partner locations can take anywhere from 10 minutes to an hour to get to, depending on traffic.

Some internships will be located very close to restaurants or markets, while some are located in more residential areas with fewer dining options. Take the time in your first week to determine if you need to pack a lunch or can purchase food close to your work. Many offices will have some type of lunch option available, where local food is cooked on site or delivered throughout the week. Discuss this with your supervisor.

12:00
pm

Some internships will have a coffee or rest break in the mid-afternoon. In South East Asia, it is not uncommon for offices to have a dedicated nap room! This time is an excellent time to recharge or to socialize and get to know your coworkers. In Thailand, personal relationships with colleagues is very important and valued within the workplace.



05:00
pm

Most internships will wrap-up at 5pm. You may choose to order a GrabBike or tuk-tuk, or hop on the minibus. Some offices may even be within walking distance of the Insight accommodation.

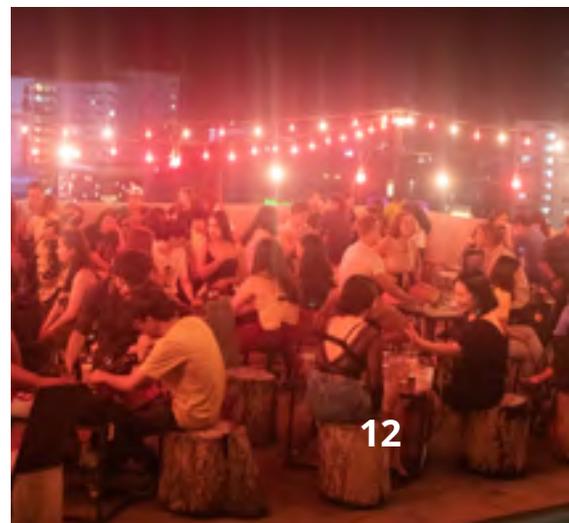
06:00
pm

You'll determine how long it takes to make your commute during your first week of work, so you can plan your evenings accordingly. It might make sense to pick up groceries on the way home from work, or order food when you get home using either the FoodPanda App or GrabFood which deliver from a variety of restaurants (just like UberEats!).



07:00
pm

Your evenings are free to relax or go out and enjoy the city. There's no shortage of things to do during the evenings in Chiang Mai: enroll in a fitness class, explore the evening markets near your house, grab a cold local beer at a nearby lounge, try out a new restaurant, or check out some live music or other arts & culture events with friends.



11:00
pm



Frequently Asked Questions

Q: Can I choose my internship placement?

Based on their extensive knowledge of our partner network in Suva, your SID Program Director will work with you one-on-one to find an internship placement that best matches your interests, abilities and career goals. Specific placements cannot be guaranteed, as they are dependent on the need, capacity and project cycles of our partner organizations at the time of the program. Our partner organizations will have the opportunity to review your application prior to confirming your placement, ensuring that it's a good fit, both for you and for the host organization.

Q: I found an organization online that I'm interested in interning with, but I'm not sure if Insight is partnered with them. Can I still apply?

We are partnered with 30+ organizations across a number of sectors in Suva. The majority of our partners are grassroots, locally-led organizations. Should you have an interest in a specific organization that is not listed as an active partner on our website, you are more than welcome to reach out to your Program Director to see if a partnership might be possible.



FAQs - continued

Q: When will my internship be confirmed?

The internship placement process typically starts 3 months prior to your arrival in-country. In most cases the process takes a few weeks, as our partner organizations need time to consider your application, put together a work plan, and identify an internship supervisor within their team. Your SID Program Director will keep you updated regularly throughout the process.

Q: What will my role look like?

Each internship placement varies depending on your host organization and the projects they are running during the months that you are there. Some placements are entirely office-based, where others may involve regular community outreach or field work. Your role will also depend on your academic background, past experiences and skill set.

Here are some of the fields of work that we offer in Chiang Mai:

- Education & Child Protection
- Environmental Sustainability
- Human Rights & Refugee Support
- Gender & Economic Empowerment
- Social Enterprise & Impact Driven Business



Some typical internship tasks include:

- Communications & social media support
- Program support & facilitation
- Survey design, implementation & analysis
- Research
- Data collection & data entry
- Funding proposals & grant applications
- Report writing & editing
- Editing documents that have been translated into English
- Monitoring & evaluation support
- Client support & relations
- Administrative support
- Delivering educational sessions & workshops

Q: What should I wear at my internship?

While work attire in Fiji is relatively casual, we recommend you pack smart, business-casual outfits, such as dress pants, blouses/button-down shirt and dress shoes. In some cases, interns have been involved in community outreach activities that required active-wear, and field work in village communities will require more modest dress, with shoulders and knees covered.

Once your specific placement is confirmed, you'll be introduced to your supervisor, who can answer any detailed questions about work-place culture and appropriate dress.



Our Partner Organizations

Child's Dream

Child's Dream is focused on designing and implementing strategies aimed to support marginalized children and young adults in Thailand. This organization addressed issues related to Basic or Essential Health, Quality Education and Environmental Sustainability. Some of their recent projects have been focusing on scholarships to high school students, bilingual education programs for ethnic schools, and vocational training and post high school and university preparation courses for young adults.

Thai Freedom House

Thai Freedom House is a full resource center with a social enterprise that addresses the varied needs of our population of refugees from Burma and minority people of Thailand. The organization services include therapy, vocational workshops, art workshops, family planning, and early childhood development education.



Our Partner Organizations - continued

Women's Education for Advancement and Empowerment (WEAVE)

WEAVE was founded in 1990 with the intent to empower indigenous women and support their basic needs and human rights. The organization has evolved over the years to include a focus on refugee populations coming from Myanmar.

The organization works with marginalized, refugees and disadvantaged ethnic women from Burma and in Northern Thailand by facilitating access and opportunities to generate safe and fair income through handicrafts development and ongoing support.

“ The Semester in Development made me really stand out to potential employers.

Thanks to the program, all of my interviews went really smooth. Living in Fiji was a big conversation topic during my interviews. The experience made me seem like a more interesting and well-rounded person. I was able to get a job with the company of my dreams soon after returning home, and I credit a lot of that to my experiences abroad, and my abilities to convey what I did in Fiji. In the last year since coming home, I've done so many more things that I would have never tried before. I am more adventurous. I used to say no to things a lot. I now say yes to opportunities a lot more than I ever used to or could have imagined. //

- Nadine Maier

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