

## INTERNSHIP GENERAL GUIDELINES

Interns are independent students, graduates and young professionals who work during our 10 week programs with our dedicated program coordinators to gain supervised, hands-on professional experience in a specific field through our current program offerings.

**You may have a college requirement to fulfill, or you may just like to work in unique and remote settings—either way, this one's for you.**



Ideally, you are:

- Passionate about nature and culture;
- Interested in social and political inclusion of marginalized groups, including poor subsistence farmers and native populations;
- Comfortable in cross-cultural interactions;
- Not terrified of snakes, spiders and scorpions.

Experience Mamoni Plaza Neo, oficina 104, Calle Eusebio A Morales, El Cangrejo,  
Panamá City, Panamá

[www.ExperienceMamoni.com](http://www.ExperienceMamoni.com)

[info@ExperienceMamoni.com](mailto:info@ExperienceMamoni.com)

## **Cost of the Internship Programs:**

Your participation will play a crucial part in the successful stewardship and conservation of the Mamoni Valley and Preserve. In consideration of the investment of time, energy and capital necessary to curate your learning experience, a value agreement will be reached in terms of accommodations, oversight, personal goals, and daily objectives for projects to be accomplished.

**Cost of the Program** **\$ 4,700 for a 10 week program**  
**(1/2 price for Panama Students):**

- Includes:**
- Mentorship from dedicated program coordinator
  - Shared lodging in your private tent on a covered, raised wooden cabana at our off-grid rainforest campus at the edge of a vast wilderness preserve with hot showers
  - Transportation from Chepo or Las Margaritas to our Centro Mamoni campus
  - 3 meals daily
  - Potable water
  - Hi-speed internet
  - Olympic length natural pool
  - Micro-hydro electricity generation 24/7
  - Community garden
  - Access to laundry hand washing station and dry room
  - Conservation fee to support Mamoni Valley Preserve
  - Support on how to plan logistics and city lodging
  - Special rates for Eco Adventure activities
  - Howler monkeys, hummingbirds, and sloths

- Does Not Include:**
- Airport pickup and drop-off\*
  - Any costs outside of the Mamoni Valley Preserve
  - Eco Adventure activities
  - Any medical costs
  - Any travel or medical insurance

Experience Mamoni Plaza Neo, oficina 104, Calle Eusebio A Morales, El Cangrejo,  
Panamá City, Panamá

[www.ExperienceMamoni.com](http://www.ExperienceMamoni.com)

[info@ExperienceMamoni.com](mailto:info@ExperienceMamoni.com)

\*Private airport/city pickup/drop-off costs \$180 each way per truck (fits 4ppl) for a ride to or pick up from the Tocumen International airport or locations in Panama City. Other options are to take a bus from Panama city to Chepo or Las Margaritas for \$1.50 and included in your tuition we will pick you up in Chepo or Las Margaritas. Taxi from the airport to Chepo or Las Margaritas is about \$50 and from Panama city it is about \$60 (taxi fare can be split with other ppl in your group).

### **How to secure your spot:**

1. Your attendance will be confirmed after 100% of the balance is paid.
2. Upon confirmation of the trip or no later than 8 weeks prior to the trip, we require a 50% deposit. This is to allow us to continue normal operations in preparation for the trip and make any important purchases.
3. The last 50% of the cost is required 21 days prior to the trip or an additional 5% administrative fee will be charged on the total trip cost.

**Do you provide scholarships or stipends for interns?** We do have a budget set for scholarships and stipends, which are offered on a case by case basis. A video call interview will be set up for those interested in seeking funding and assessment will be based on personal experiences, skill sets, time availability, program(s) and project(s) of interest, among other. Inquire for availability.

**What does my typical day look like?** At 7am a healthy breakfast is served that always includes fresh tropical fruits. At 8am you get started with your Program Coordinator on projects and these, for example, can be at our Centro Mamoni campus working on a sustainable project, in one of the Valley communities aiding the teacher with a workshop for the students, at a reforestation plot in the Preserve helping bring back the bio-diversity, or sharing experiences with locals at our nursery and site dedicated to integrated agricultural systems. Lunch is from 12-1pm and can be packed or made at our Centro Mamoni campus. The afternoons are finished at 5pm. After a day in the field, stops can be made at one of our swimming holes, or students lounge around the campus' refreshing

Experience Mamoni Plaza Neo, oficina 104, Calle Eusebio A Morales, El Cangrejo,  
Panamá City, Panamá

[www.ExperienceMamoni.com](http://www.ExperienceMamoni.com)  
[info@ExperienceMamoni.com](mailto:info@ExperienceMamoni.com)

natural pool. For dinner volunteers and interns share in the culinary prep, which always provides exciting new meal creations inspired by their mix of cultures! The night time is reserved for lounging in the hammocks and sharing the day's activities around our indoor camp fire with fellow colleagues.

**Can I do my own personal micro-project while in the course?**

We always love students who take the initiative and propose micro-projects. Just be realistic and consider the time and other natural resources available to you. Limited funding can be available if your project helps us reach our goal of becoming 100% self sustainable.

**Can I extend my stay after the 10 weeks to volunteer or continue working on my micro-project?**

Yes. Cost will vary depending on the extra time you choose to stay and starting from \$20 per day with the cost getting less the longer you stay.

**Can I receive packages while in Mamoni?**

No. We are in a remote area without postal service.

**How can I communicate with friends or family?**

Students have access to hi-speed internet for messaging and that allows for calls with VoIP services like skype, facetime, google hangouts, etc.

**What do I do on weekends?** Weekends are for personal time. Adventure trips in the Mamoni Valley can be arranged with staff. Some guests choose to explore outside of the Valley and we are happy to help out with logistics.

**Can I travel while in a program?** Interns schedules can be flexible to accommodate some personal travel experiences. Some extended weekends can be arranged with your program coordinator to allow additional travel time.

***Take home once in a lifetime experiences that will forever stay with you.***

