



## **2025 Summercise Internship**

### **Norton Sound Health Corporation: Nome, Alaska**

#### ***Who we are:***

We're the Chronic Care Active Management and Prevention (CAMP) team at Norton Sound Health Corporation, dedicated to preventing disease and promoting health in the Norton Sound region. Our dynamic team includes Registered Dietitians, Tobacco Quit Coaches, Lactation Counselors, and other health educators who will provide mentorship and support throughout your internship. We value strong communication, teamwork, and top-notch customer service.

#### ***What we are looking for:***

We are looking for energetic and creative individuals looking for experience teaching youth about healthy living. Norton Sound Health Corporation located in Nome, Alaska is recruiting 7 college interns for the summer of 2025 to coordinate the award-winning program, *Summercise*. Recognized by the American Diabetes Association for the John Pipe Voices of Change Award for Innovation, Summercise is a nutrition education and physical fitness program for the youth of the Norton Sound region. Over the past 20+ years, approximately 180 students from around the United States have come to Nome to work with local youth in efforts to prevent diabetes and learn about the Alaska Native culture, including outdoor activities and traditional foods.

Summercise is held in numerous locations around Nome, a small, tight-knit community and is an inspiring program to provide nutrition education and get youth active throughout the summer. Summercise interns lead all aspects of Summercise from planning to wrap-up and everything in between. Interns will also be supervisor/mentor to at least one high school assistant who will assist with the groups you are leading and teaching. Each intern is assigned one group of Summercise participants, usually around 25 participants. Classes change weekly over a period of six weeks in two blocks of 3 weeks. There will be a two-week period for travelling to villages in between.

#### ***What do we consider a good candidate?***

- **Working with Children:** Students should enjoy and have a strong background and experience working with large groups of children ages 5-12. This can include summer camps, after school programs, coaching, boys and girls club, etc.
- **Nutrition & Health Knowledge:** Students should be pursuing an undergraduate program in one of the following areas:
  - Nutrition and Dietetics
  - Exercise Physiology
  - Other preventative healthcare fields
  - American Indian/Alaska Native Studies with an emphasis on Native Health Initiatives
- **Leadership Qualities:** professional behavior, strong value set, good role model, ability to motivate and inspire, teamwork, positive energy, maturity and the ability and willingness to mentor a high school student

# NORTON SOUND HEALTH CORPORATION

*Providing quality health services and promoting wellness within our people and environment.*

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- **Flexibility & Strong Work ethic:** Interns who exemplify a strong work ethic coupled with flexibility receive the most out of their experience as an intern. We seek interns who consistently go above and beyond to represent their team well.
- **Initiative:** self-starter, independent thinker, creative, problem-solver, ability to multi-task, culturally sensitive, open-minded, and motivated to learn
- **Working within a Team:** Experience working within a team is highly encouraged. This may include sports teams, leadership teams, committees and clubs, etc.
- **Physical Fitness:** Only students with demonstrated abilities to teach physical fitness in addition to nutrition/health knowledge will be considered. Physical fitness is not limited to specific sports or activities. Be creative!
- **High Priorities:** Instructors for swimming/lifeguards, experience in the outdoors, dance/gymnastics/cheerleading, ball sports, cooking classes, experience in a specialty sport or activity, and many more. We are always looking for new things to offer the kids.

## **What do we offer:**

This is an unpaid internship that lasts 11 weeks. We will provide you with housing, pay your airfare to and from Nome, provide a pass to the recreational center in Nome, and a \$1200.00 stipend for food expenses and luggage fees. You will be sharing housing and/or a room with another Summercise intern or NSHC staff. Your housing will be fully furnished with kitchen supplies, furniture, beds, bed linens, washer and dryer, and internet. Housing may be co-ed, but rooms are gender specific. With understanding that many internships offer an hourly wage, we have outlined the estimated cost of being an intern in Nome, Alaska which is covered in lieu of an hourly wage.

### **Estimated Cost for Summercise Internship (per intern):**

*Airfare; Roundtrip from Continental States to Nome, Alaska: ~\$1100.00*

*Housing/Lodging in Nome, Alaska for 11 weeks: \$4,400.00*

*Internet: \$358.00*

*Gym Membership for 11 weeks: \$140.00*

*Gas/Transportation: currently, gas is \$6.29/gal; vehicles are hard to come by but rent at \$200.00 per day.*

*Initial Groceries/Pantry Items: estimated \$100.00*

*Village Airfare: \$580.00*

*Village Lodging: \$159/night*

**Total Estimated Cost Per Intern: \$7,667.00**

All the above expenses are 100% covered by the NSHC CAMP Department. There is no cost to the intern, and they receive a stipend for food for \$1200.00. The only other predicted expense to interns is personal experiences within the state and necessary attire for personal comfort during the summer in Alaska (such as, rain boots, rain jackets, etc.)

**Additional Earning Opportunity:** Interns may have the option to supplement their stipend by working paid shifts in the hospital kitchen, providing further culinary experience and financial flexibility.

A two-week orientation and preparation period will be provided prior to the start of Summercise on June 9<sup>th</sup>. This internship may offer many exciting community nutrition experiences through the Summercise program. A brief outline of the 2025 project list is listed below.

T. 907.443.3311 | F. 907.443.2113 | P.O. BOX 966, NOME, ALASKA 99762-0966 | [www.nortonsoundhealth.org](http://www.nortonsoundhealth.org)

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***Summercise can often be used to fulfill academic requirements for both undergraduate and graduate programs. We're happy to assist you with the preceptor paperwork to help you earn credit for this valuable experience. (Please note that credit inquiries can be addressed once you've received an offer to join our internship program.)***

***Summercise Intern Expectations and Priorities:***

1. Summercise coordination: planning, implementing, and resetting for the following year.
2. CAMP events and projects for health promotion and disease prevention
  - Nutrition Services Rotation
  - Biometric Screenings and Nutrition Counseling
  - WIC Women, Infants, and Children Shadowing and Projects
  - Radio Recordings
  - Wellness Bulletin Board
  - Village Travel (Summercise)
  - Produce Markets & Food Demos
  - Community Walk, Runs & Subsistence Events
  - Wellness Education Handout Development
  - Wellness Challenges
  - Social Media Engagement
3. Weekly rotations and assignments
4. Unscheduled tasks assigned by CAMP staff
5. Community collaboration/partnership/volunteerism
6. Interns are expected to work on numerous projects and handle competing responsibilities. Weekend and evening work should be anticipated and expected, this is considered a full-time role. A staff member will be present at all events hosted by interns.



**2025 Important Dates\*:**

- **Applications Submission Start Date: December 6<sup>th</sup>, 2024**
- **Due Date for Summercise Application: February 18<sup>th</sup>, 2025**
- Phone/ZOOM interviews: March 4-6, 2025
- Arrive in Nome: Between May 21<sup>st</sup> – 22<sup>nd</sup>
- Orientation & Training: May 23<sup>rd</sup> – June 6<sup>th</sup>
- Summercise Dates: June 10 - July 31<sup>st</sup>
- Leave Nome: August 8<sup>th</sup>, 2025
- **Total Summercise Commitment: May 21<sup>st</sup> – August 8<sup>th</sup>**

**How do you apply?**

The application is completed through Microsoft Forms and is [linked here](#)

**Application Requirements:**

1. Applications will be accepted: December 6th, 2024 – February 18th, 2025
2. Application Due Date: February 18, 2025 at 11:45PM AKST – Absolutely no exceptions.
3. Cover Letters & Resumes MUST be uploaded in PDF format via dropbox (link at the end of application)
4. (2) Letters of recommendation should be sent directly from the person submitting the recommendation letter. Please ensure that the persons submitting your recommendation letters put your name in the letter. Recommendation letters are to be uploaded to the dropbox link at the end of the application.
5. This is a lengthy application. It will not allow you to save and go back to complete it. We recommend saving your answers in a word document as you go through in case of internet failure or if you must restart the application for any reason. We are not responsible for any lost work.

**Do you have questions about Summercise?**

**Nicole Santonastaso, RDN, LD, IBCLC, CDCES, CD (DTI):** Prevention Program Supervisor and Summercise Director - Questions about Summercise program can be emailed to [summercise@nshcorp.org](mailto:summercise@nshcorp.org) or contacted by phone at (907) 443-3365.

*We receive a high volume of applications and inquires every year. Questions that can be answered by reviewing our application or information packet may not receive a response.*