What to do during a "Gap Year" Prior to Medical School

Balancing school, clinical and community service work and research is difficult enough. Throw in the MCAT, med school applications and interviews and the task can be truly overwhelming. A year spent working, volunteering or doing community service prior to applying to medical school, known as a "gap year," can be a good option for some applicants caught in a time crunch. If you decide that taking a year off before med school is the best route for you, then spend that time addressing areas relevant to your application that you did not have a chance to explore during your Undergraduate years. In addition, you can also earn money to finance your medical education and further develop outside interests.

My focus in this entry is on taking a year or more prior to medical school to spend on activities other than a post-bac program. For applicants who don't have the necessary pre-requisites for medical school or who need to strengthen their academic credentials, a post-bac or special master's program is a good route. You can read about these here.

Here are some of the major ways in which to spend a gap year:

- **Research** - Working in a lab or volunteering in one on a part- or full-time basis is an excellent way to explore another facet of medicine and to enhance your application. Research jobs can be hard to come by for one year only, but a volunteer position can turn into a paid one. If basic research does not interest you, consider a position helping with a clinical study.

- **Clinical employment or volunteer work** - Time spent in a clinical setting will give you more insight into the field of medicine. You will also have the chance to meet physicians; let them know that you are a pre-medical student and are interested in job shadowing them once or on an ongoing basis. If you end up working in a research lab or other non-clinical environment, then you should still volunteer in a clinical setting regularly. A year or more away from clinical experience could weaken your application.

- **Classes** — Even if you have a strong academic record, consider taking a class or two to stay in the study mode for med school. Take a course that you did not have a chance to fit in during college but that will help you succeed in medical school, such as anatomy or physiology.

- **MPH or other degree program** — If your plan is to get both an MD and an MPH at some point you may choose to do the MPH first. Other options are a master's in public policy or even a hard science degree. In general, an MPH won't help your application as much as science course work will, so the reason to pursue such a degree should be career and personal interest, not just to improve your application.

- **Travel and other interests** — Part of the point of taking time off is to enjoy yourself and do a few things that take you beyond the world of academics and medicine. Get deeper into a
hobby or develop a new one or spend some time traveling.

Secondary applications often ask applicants to describe how an applicant has spent time while not a full-time student. You don’t need to have a nine to five job; however, you should be able to account for your time. A combination of part time employment, volunteering, and classes works well. What committees generally don’t like to see is that an applicant spent a year doing little more than working on med school applications.

On a personal note, I took a year after college to spend working in a research lab prior to starting medical school. That year was a welcome breather from tests and studying and it was nice to get a glimpse of the “real world” before delving back into academia. This path is not for everyone, but if you choose to take it, plan ahead so you can make the most of your time.

Need the help of an M.D. experienced with medical school applications? Contact Dr. Eaton at (626) 768-2154 or info@prehealthadvising.com for a free 20 minute phone consultation.

Be Sociable, Share!

Guide to Research, Study, Volunteer and Gap Year Opportunities

The following pages provide descriptions and links to a variety of resources, organizations, programs, and other opportunities to gain experiences by doing bio-medical research, volunteer or service, experiential learning, internships, and work both in the US and abroad. The listings are organized in the following categories:

- Resources ................................. 3-9
- Experiential Learning .................... 9-13
- Fellowships ............................... 13-17
- Internship/Work .......................... 17
- Internships ............................... 17-21
- Research ................................. 21-25
- Language Study (Spanish) & Service .... 25-26
- Study Abroad ............................. 26
- Study/Intern Abroad ................. 26
- Volunteer/Internship ................... 27
- Volunteer/Service ...................... 28-36
- Volunteer/Work .......................... 36-37
- Work ......................................... 37-38

The use of the “/” indicates, for example, that the organizations offer both Volunteer and Internship opportunities.

The listing indicates whether the opportunities provide financial support:

- Paid – participants are offered a stipend or have expenses covered
- Unpaid – participants must cover costs
- Unpaid/Paid – some opportunities offered provided no funding; others do.
- $ - participants must pay to participate.
Resources
Links to websites that provide information about pre-health and global health concerns and lists and databases for research, volunteer/service, internship, work and other opportunities of interest to individuals seeking a gap-year (or two) experience.

Resources for Pre-Med Preparation

National Society for Nontraditional Premedical and Medical Students, Inc. (N/A)
www.oldpremeds.org

The National Society for Nontraditional Premedical & Medical Students, Inc., better known by our website name, OldPreMeds.org or simply OPM, is a professional/pre-professional society and educational conduit for non-traditional students who seek to become Physicians. For those whose path to medicine is not the traditional high school to college to medical school, OPM's mission is to assist and advise on how to successfully prepare, apply, and succeed in both medical schools and residency training programs. Founded in 1998, our now over 8500 registered members span from the very early pre-med through attending-level physicians. Many are enrolled or have graduated from medical schools, osteopathic programs, and other clinical health fields, here in the US as well as abroad. www.OldPreMeds.org, is a website community built upon peer-based forums providing resources for all levels of premedical students, medical students, medical residents, pre-health advisors, admissions officers, and other faculty & staff at undergraduate, post-baccalaureate, medical, and post-graduate programs.

Resources for International Health

American Society of Tropical Medicine & Hygiene (N/A)
www.astmh.org/Related_Web_Sites.htm

Listing of organizations and sites related to Tropical Medicine, providing information about, opportunities to study, etc.

Global Health Education Consortium (N/A)
http://globalhealtheducation.org/SitePages/Home.aspx

GHEC is a consortium of faculty and health care educators dedicated to global health education in health professions schools and residency programs. Founded in 1991 as the International Medical Health Education Consortium, IHMEC met an evident need, membership rapidly grew, educational products were developed and the annual conferences were well attended. In 2005 IHMEC changed its name the Global Health Education Consortium, the new name reflecting the consortium's move to include other health professions besides medicine and a preference for the more inclusive term of 'global' over the traditional one of 'international.'

International Federation of Medical Students' Association (N/A)
http://www.ifmsa.org/

For more than 60 years, IFMSA has existed and been led by medical students worldwide. The International Federation of Medical Students' Associations (IFMSA) was founded in 1951. It is the world’s oldest and largest independent organization representing associations of medical students internationally. The mission of IFMSA is to offer future physicians a comprehensive introduction to global health issues. IFMSA sponsored programs and opportunities seek to develop culturally sensitive students of medicine, intent on influencing the transnational inequalities that shape the health of our planet. In the US, IFMSA is represented by AMSA-USA.
International Health - AMSA (N/A)
http://www.amsa.org/AMSA/Homepage/About/Committees/Global/InternationalHealth.aspx

Lists programs, web sites and resources for overseas opportunities.

International Opportunities in Medical Education (N/A)
www.faimer.org/resources/opportunities/index.html

The directory, International Opportunities in Medical Education (IOME), contains information about international programs for medical students, residents, and faculty as reported by the medical schools who have responded to our survey. IOME provides information about which schools offer such programs, how they are funded, and where they take place. In many cases, individual schools provide further information about their programs on their own websites. Users can search IOME by the type of opportunity offered and by geographic region.

Resources for Internship Opportunities

Domestic

One Day, One Internship (N/A)
www.onedayoneinternship.com/

One Day, One Internship is the insider’s guide to unique and exciting internship opportunities for college students.

Public Health Jobs.net (N/A)
www.publichealthjobs.net/search/detail.cfm?jobID=7743

Various internship opportunities.

Resources for Pre-Med Research & Internship Opportunities

Domestic

Clark University List of Summer Research Opportunities (N/A)
http://www.clarku.edu/departments/prehealth/undergraduate/research.cfm

List of summer research opportunities for undergraduates

Graduate Research, Education, and Training (GREAT) Group (Summer) (N/A)
www.aamc.org/members/great/summerlinks.htm

The GREAT Group is an AAMC Group established quality education in the biomedical sciences. They have a link to Summer Undergraduate Research Programs (by school) at their website.

Health Professions Advisory Program (N/A)
http://as-cascade.syr.edu/students/undergraduate/advising_academic_support/pre_health/_supporting_pages/resource_sp.html

Provides a listing of summer programs (by state) related to medicine, dentistry, and public health.
Health Sciences Research Opportunities (Summer) (N/A)
www.swarthmore.edu/x8853.xml

This website from Swarthmore College provides a list of links to summer research programs available to undergrads and recent grads in the U.S.

RIT Internships/Co-Ops for Pre-Medical Students (Summer) (N/A)
http://people.rit.edu/gtfsbi/Symp/premed.htm

List of internship postings compiled by Rochester Institute of Technology for pre-medical students.

ScienceNET Summer Research Programs & Internships (N/A)
www.cse.emory.edu/sciencenet/undergrad/Summer_Research/Browse.cfm

This database maintains information on various opportunities (paid and unpaid) for summer research programs and internships at universities and colleges in the U.S. You may search the database by target audience, recruitment emphasis, nature of experience and other criteria.

Swarthmore PreHealth Advising List of Summer Opportunities (N/A)
www.swarthmore.edu/x8853.xml

Listing of summer research and internship experiences.

Syracuse University PreHealth Advising List of Summer Opportunities (N/A)
http://thecollege.syr.edu/students/undergraduate/advising_academic_support/pre_health/_supporting_pages/resource_sp.html

Listing of summer research and internship experiences - by state.

Resources for Volunteer/Internship Opportunities

Domestic
Student Conservation Association (N/A)
www.thesca.org/

America’s largest and oldest provider of national and community conservation service opportunities, outdoor education and career training for youth. Spend 3-10 months living and working with others on critical conservation projects such as restoring wilderness, building sustainable communities, and providing environmental education.

Youth Service America (N/A)
http://servenet.org

YOUTH SERVICE AMERICA (YSA) improves communities by increasing the number and the diversity of young people, ages 5-25, serving in substantive roles. YSA supports a global culture of engaged youth committed to a lifetime of service, learning, leadership, and achievement. The impact of YSA’s work through service and service-learning is measured in student achievement, workplace readiness, and healthy communities.
Resources for Volunteer/Service Opportunities

Domestic

Cooperation for National Service (Unpaid/Paid)
www.cns.gov

CNS is the umbrella organization for the US Government sponsored AmeriCorps, AmeriCorps Vista, the Senior Corps, and Learn and Serve American.

Missouri Area Health Education Center Organization (N/A)
http://www.ecmoahec.org/

The East Central Missouri Area Health Education Center (ECMO AHEC), established in 1998, is part of a nationwide system of Area Health Education Centers (AHECs) that work in partnership with local communities, schools, universities, and healthcare providers to improve access to healthcare in underserved communities, both urban and rural.

ServiceLeader (N/A)
www.serviceleader.org

ServiceLeader.org is a project of the RGK Center for Philanthropy and Community Service at the LBJ School of Public Affairs at the University of Texas at Austin.

Volunteer Match (N/A)
www.volunteermatch.org

Search engine for volunteer opportunities.

International (Resources for Volunteer/Service Opportunities)

Citizens Development Corps (N/A)
www.cdc.org

CDC Development Solutions recruits, trains, places and supports skilled volunteers who provide management and technical assistance to small businesses, educational institutions, NGOs, advocacy organizations, associations, local governments, and communities - all who benefit from this highly effective form of foreign assistance and citizen diplomacy.

HealthCare Volunteer (N/A)
www.healthcarevolunteer.com

HealthCare Volunteer, is a free, nonprofit resource portal for all individuals seeking a health related volunteer or work position. Excellent resource. Health Care Search offers searches by location, description, language requirements, and affiliation with undergraduate university, medical school, dental school, etc.

Idealist (N/A)
www.idealist.org

Idealist.org lists over 32,000 nonprofit and community organizations in 153 countries, which you can search or browse by name, location or mission. It also lists volunteer opportunities in your community and around the world, and a list of organizations that can help you volunteer abroad. Additionally, it has a Nonprofit Career Center, with hundreds of job and internship listings. Resource for nonprofit jobs, internships, fellowships, and volunteer opportunities.
International Medical Volunteers Association (N/A)
www.imva.org

The International Medical Volunteers Association (IMVA) is a nonprofit organization that promotes, facilitates, and supports voluntary medical activity through education and information exchange. Our interests are primarily in developing countries. Formed in 1996, we work with a wide range of volunteers: physicians, dentists, nurses, therapists, hospital administrators, public health specialists, technologists, health educators, missionaries, physician's assistants, students and others interested in health care. We provide information about volunteer opportunities and offer practical advice on how to find and choose compatible assignments. We do not, however, send or sponsor volunteers ourselves. We facilitate volunteering by providing educational materials about health problems in various parts of the world and on how to function effectively while abroad. Most importantly, we attempt to motivate healthcare workers to aid those most in need. The IMVA assists volunteer-seeking organizations, principally non-governmental organizations (NGO’s), in locating volunteers to work in their programs and by providing a forum for project cooperation, information, equipment and supply exchange.

International Volunteer Programs Association (N/A)
www.volunteerinternational.org

An alliance of non-profit, non-governmental organizations based in the Americas that are involved in international volunteer and internship exchanges.

Servas (N/A)
http://joomla.servas.org/content/blogcategory/13/41/

Servas is worldwide, non-profit and non-governmental. A co-operative network of hosts and travelers with 13,000 open doors building world peace, goodwill, understanding and mutual tolerance. Servas seeks to provide opportunities and personal contacts between individuals of diverse cultures and backgrounds.

Volunteer Abroad (N/A)
http://www.goabroad.com/volunteer-abroad

Search engine for volunteer opportunities.

Volunteer International (N/A)
www.volunteerinternational.org

The International Volunteer Programs Association (IVPA) is an alliance of non-governmental organizations involved in international volunteer work and internship exchanges.

Resources for Work & Internship Opportunities

Domestic

Indeed (N/A)
www.indeed.com

Indeed.com offers the ability to look for jobs and internships using many search engines. Always research each opportunity before applying.

Information resource (N/A)
www.reliefweb.int

Since 1996, ReliefWeb has been the main source for reliable humanitarian information on global crises and disasters.
Resources for Work Opportunities

Domestic

**America's Job Bank (N/A)**
www.jobbankinfo.org

Great website for the job searcher with a specific geographical focus.

**CoolWorks (Paid)**
www.coolworks.com

Cool Works is about finding a seasonal job or career in some of the greatest places on Earth. Get a summer job in Yellowstone, Yosemite, or another national park. Find a summer job as a camp counselor. Ski resorts, ranches, theme parks, tour companies and more are waiting for you.

**ExploreHEALTHCareers.org Pre-Health Enrichment Programs (N/A)**
http://explorehealthcareers.org/en/Page/100/Find_PreHealth_Enrichment_Programs

ExploreHealthCareers.org is a free, multi-disciplinary, interactive health careers website designed to explain the array of health professions and provide easy access to students seeking information about health careers. This website is a joint initiative involving national foundations, professional associations, health career advisors, educational institutions, and college students. Our mission is to help solve two urgent problems in American health care: the under-representation of minorities in the workforce, and the lack of health professionals in medically underserved communities. We hope to address these problems by helping more of today's students become the health professionals of tomorrow.

**Health + Medical + Jobs (N/A)**
www.health-medical-jobs.com

Access the most comprehensive list of health jobs, medical jobs listings, healthcare and hospital careers available in your area.

**HEALTHeCAREERS Network (N/A)**
http://www.healthecareers.com/

HEALTHeCAREERS Network (HeCN) - formerly Medhunters.com - provides a database of healthcare jobs and medical jobs. Choose your career and customize your site experience with the news, information, events, career resources and employment opportunities that most interest you.

**Medzilla (N/A)**
www.medzilla.com

Job posting site in the biotechnology, medicine and health care industries. Extensive list of related links also available.

**One Day, One Job (N/A)**
www.onedayonejob.com/

One Day, One Job is the insider's guide to unique and exciting entry level job and career opportunities for recent college graduates. The daily employer profiles highlight the best entry-level jobs and offer innovative job search tips.
WetFeet (Paid)
www.wetfeet.com

This site contains an extensive list of career and industry profiles, salary information, career resources, and links to job search sites.

Resources for Work, Volunteer, Study Opportunities

International

One Small Planet (N/A)
www.onesmallplanet.com/geninfo.htm

A site for worldwide travel and adventures. Includes international work, study, volunteer, and travel resources.

Transitions Abroad (N/A)
www.transitionsabroad.com

The website provides a guide to volunteer, work and study abroad, immersion travel overseas and international living.

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Experiential Learning

Domestic

Adventures in Veterinary Medicine Program ($) www.tufts.edu/vet/avm

Adventures in Veterinary Medicine (AVM) is a unique career exploration program designed to provide its participants further insight into the field of veterinary medicine and the many different and rewarding opportunities available within the profession. The AVM College Program provides students with the opportunity to attend lectures from Tufts faculty, staff and veterinary students, and discuss the realities of a veterinary education with them. Students will get a first-hand look at the demands of veterinary school as they shadow fourth year DVM candidates in the clinics as they perform their medicine and surgery rotations in the Foster Hospital for Small Animals, the Hospital for Large Animals and the Tufts Wildlife Clinic. Programming includes lively discussions about critical issues—including ethics and public policy—with other committed students who care about animal health. Students will also have a chance to attend admission and financial aid presentations, to get an idea of what it takes to be a competitive veterinary school applicant and what the financial realities of veterinary school are. One-on-one admission counseling is also included.

Albert Einstein College of Medicine Hispanic Center of Excellence Summer Undergraduate Mentorship Program (Paid)
http://www.einstein.yu.edu/centers/hispanic-centers-of-excellence/opportunities.aspx

Under-represented or economically disadvantaged students

The undergraduate mentorship program is a six-week program that requires at least a thirty-hour per week commitment. The program will be comprised of a six-hour per week commitment to a shadowing experience with an assigned mentor and fourteen hours per week of lecture attendance. These fourteen hours will be distributed into the following three core curriculum components: six hours clinical didactic, six hours medical informatics and
two hours of MCAT preparation and test taking strategies. MCAT review will be limited to eligible students. The student will be expected to spend two, three-hour or three, two-hour blocks shadowing their assigned mentor. Every effort will be made to match students with mentors in the areas of their specified interest. In addition, students will be expected to attend weekly lectures to be given by faculty members of the Hispanic Center of Excellence and special guests. Included in the lecture series will be a weekly informal “rap session”. These “rap sessions” will take place once per week, and are designed to be a forum for informal discussion and networking, as well as an opportunity for students to gain insight into the nuances of a career in the medical field.

California School of Podiatry (CSPM) Immersion Week ($)
http://www.samuelmerritt.edu/pod3d

The California School of Podiatric Medicine is proud to sponsor a three day podiatry workshop that provides participants with an opportunity to explore the profession of Podiatric Medicine and Surgery.

Georgetown Summer Medical Institute ($)
http://som.georgetown.edu/prospectivestudents/specialprograms/summer/

Georgetown University School of Medicine has been a leader in medical education for over 150 years, and is committed to offering excellent opportunities for academic advancement. We are pleased to offer this program for college undergraduates, post-bacc graduates, and current medical school students through the Georgetown Summer Medical Institute (GSMI). International students are welcome to apply but, please be aware that courses are taught in English. This program, combined with the excellent, informative and supportive environment at GUSOM, will provide excellent preparation and insight for individuals exploring the calling of medicine as a career, and those making-up medical school courses.

Johns Hopkins University Summer Institute in Anatomy ($)
http://esgweb1.nts.jhu.edu/fae/anatomyinstitute/

This four week course meets for 4 hours each day, 5 days a week. It is designed to give undergraduate students an introduction to all aspects of human anatomy, and includes demonstrations using human cadavers. A regional approach will be employed, beginning with the thorax and abdomen, continuing with the limbs, and ending with the head and neck. Lectures on each topic will be given in the morning, followed by prosection demonstrations (i.e., dissections prepared by departmental staff and presented to students) on human cadavers in the afternoon. Course materials will also involve hands-on work with human bones, various imaging modalities (e.g., radiographs, CT scans), and computer programs. Opportunities may also be available for students to observe surgical procedures at the Johns Hopkins Hospital. Student performance will be evaluated by both written and practical (cadaver-based) exams. To allow individualized instruction, the course is limited in enrollment.

New Jersey Dental School Gateway to Dentistry Program (Unpaid)
http://dentalschool.umdnj.edu/gateway.htm

Gateway to Dentistry is designed to introduce undergraduate students to the wide range of career options associated with the Dental Profession. UMDNJ - New Jersey Dental School offers all prospective applicants challenging and informative hands on dental experience. This is an intensive internship based at the New Jersey Dental School in Newark, New Jersey. Gateway to Dentistry is a 2-week interactive program that affords each participant a birds-eye exposure to the various aspects of the practice of dentistry.

NY College of Podiatric Medicine Summer Pre-Matriculation Program ($)
www.nycpm.edu/admissions/prematriculation.html

The New York College of Podiatric Medicine sponsors a Six-Week Summer Pre-Matriculation Program for prospective or entering students who may benefit from an early exposure to the rigorous curriculum of the podiatric medical school. This program is open to students who need to strengthen their academic performance as a result of a hiatus from school, or to those students who seek greater proficiency in their studies.
Ohio University College of Osteopathic Medicine Summer Scholars Program (Paid)
www.oucom.ohiou.edu/SummerScholars/

Members of an underrepresented minority population, economically disadvantaged or educationally disadvantaged.

For more than twenty five years, Summer Scholars participants have been preparing for the challenges and rewards of medical school. Twenty-two applicants are selected each year to participate in this rigorous six-week program designed to give you an intensive and realistic introduction to the first-year curriculum at OU-HCOM. In addition to traditional medical school curricula taught by medical college faculty, graduate students and upper-class medical students, the program focuses on case-based problem solving and small-group/team work. You’ll also benefit from special lectures, clinical experiences, and study and time management skill sessions in addition to workshops on cultural competency and research methods. Although you won’t receive academic credit for this program, you will be evaluated by medical school faculty based on your class participation, test performance, general attitude and an assessment of your potential for success in the medical curriculum.

Summer Medical & Dental Education Program (SMDEP) (Paid)
www.smdep.org

Freshman and sophomore college students

Summer Medical and Dental Education Program (SMDEP) is a FREE (full tuition, housing, and meals) six-week summer academic enrichment program that offers freshman and sophomore college students intensive and personalized medical and dental school preparation.

Temple School of Podiatric Medicine Internship Program (Paid)
http://podiatry.temple.edu/pages/prostdnts/internship_prog.html

TUSPM offers a free, three-day winter internship program (WIP) in January or an eight-day summer internship program (SIP) in June. The date of the next WIP program is Jan 6 - 9, 2013. The application deadline is Nov 26, 2012. Interns will attend workshops and seminars on podiatric medicine, as well as shadow and work with podiatric physicians in hospital, private practice, and outpatient clinic settings. A TUSPM student doctor will also work with interns on a case presentation. To apply, students must have completed 45 credit hours, prior to participating, in programs at an undergraduate institution and may not have previously applied to a school of podiatric medicine. Topics covered during the program include: gross anatomy of the foot and ankle; introduction to podiatric medicine; biomechanics and pathomechanics of the foot and ankle; foot screening and evaluation; diabetes; sports injuries; geriatric conditions; pediatrics; and wound healing.

UC Berkeley School of Optometry Opto-Camp ($)
http://optometry.berkeley.edu/opt_txtpp/admissions/admitoptocamp.html

Program focus: underrepresented and/or first-generation college students

The goal of Berkeley Optometry's Opto-Camp is to provide pre-health science/pre-optometry majors, especially those who are underrepresented in the profession and/or first-generation college students, with in-depth information about Optometry as a career track and to prepare attendees to be successful applicants to optometry school. The objective of Berkeley Optometry's Opto-Camp is to present a three-day "in residence" experience that will provide participants with opportunities to learn about the profession of optometry and the process of becoming an optometrist.
**UCLA Pre-Medical & Pre-Dental Summer Prep Programs** (Unpaid)
http://www.medstudent.ucla.edu/offices/aeo/prep.cfm

Program focus: students from disadvantaged backgrounds

UCLA PREP is a seven-week program designed to provide premedical and predental students from disadvantaged backgrounds with a means of strengthening their ability and readiness to study medicine or dentistry. As a result of full participation in UCLA PREP, participants should have enhanced their chances of being accepted to medical or dental school and succeeding once there.

**University of Connecticut Medical & Dental Prep Program** (Paid)
http://medicine.uchc.edu/prospective/hcop/meddent_prep.html

University of Connecticut School of Medicine Medical/Dental Preparatory Program for college sophomores, juniors, seniors or recent graduates provides a six-week summer program consisting of two tracks. Track One MCAT/DAT Preparation Program is for students who will be taking the Medical College Admission Test (MCAT) or Dental Admission Test (DAT). The program focuses on MCAT/DAT test preparation, clinical interaction with preceptors and introduction to problem based learning through case studies. Track Two Basic Medical Science Program is for all other students not on Track One. This track consists of basic medical science courses emphasizing essential principals of cell and molecular biology correlated to problem based learning case studies. Clinical experiences and professional development exercises are also presented. The program has two purposes (a) to facilitate the entry of these students into medical and dental schools by improving their performance on admissions tests and through professional development activities and (b) to increase the retention of successful matriculants to professional schools through early exposure to professional education.

**University of Michigan Pre-Dental Profile for Success (PFS) Program** (Paid)
www.dent.umich.edu/mca/profileforsuccess

Students from disadvantaged and underrepresented backgrounds

The Profile for Success (PFS) Program is a six week residential program held form mid May through the end of June for college juniors, seniors, and recent college graduates. The purpose of this program is to prepare students from disadvantaged and underrepresented backgrounds to be successful applicants for dental and medical school. The program is free to all participants.

**University of Pittsburgh Summer Premedical Academic Enrichment Program (SPAEP)** (Paid)
www.medschool.pitt.edu/pdfs/AboutSPAEPProgram.pdf

The University of Pittsburgh School of Medicine invites minority premedical students (African American, Mexican American, Mainland Puerto Rican, or Native American) to participate in their Summer Premedical Academic Enrichment Program (SPAEP) Level I or II. This program, open to high school graduates and college students, is designed specifically to prepare and support minority students who wish to pursue careers in the field of medicine. Spend seven weeks in Level I, strengthening your academic skills and learning more about careers in medicine. Or, spend seven weeks engaged in laboratory research and MCAT preparation through Level II. Both programs will enhance your skills and knowledge in science, writing and public speaking. You’ll discover a challenging and stimulating program in the environment of a major academic medical center.

**University of South Carolina Pre-med SummerPrograms** ($) 
http://www.sa.sc.edu/oppa/med/summerprogram/

Cost: $695-$895.

Two Summer programs : PACES: The Pre-medical Academic and Career Exploration Series (PACES) summer residential program is an intensive week-long program designed to assist entering first-year students explore a career in medicine. Focusing on college preparation in pre-med studies and career exploration in the hospitals, this opportunity will help highly-motivated students learn how to become competitive medical school applicants.
Interaction with medical students, a human cadaver dissection, and a wealth of knowledge await PACES participants. (cost $695) APEX is an intense application preparation program for the med school applicants. It is also an opportunity for a human cadaver dissection, shadowing in the hospitals, and comfortable accommodations at the Inn at USC. The application prep portion includes a comprehensive AMCAS overview, personal statement workshops, interview skills workshops for traditional and multiple mini-interviews, two realistic, simulated med school interviews for each participant, and in-depth discussions about current healthcare issues and ethical dilemmas. This opportunity will help highly-motivated students learn how to showcase their abilities, skills, and motivation throughout the application process to med school. (cost $895)

International (Experiential Learning)

St. George’s University Med/Vet Summer Academy ($)
www.sgu.edu/future-students/summeracademy.html

St. George’s Med/Vet Summer Academy offers the opportunity of a lifetime for high school students (age 15-17) and college students (ages 18+) interested in the field of medicine or veterinary medicine. On a campus that covers the beautiful True Blue peninsula overlooking the Caribbean Sea, this exceptional program has balanced a challenging academic program rooted in SGU’s nearly 35 year history with extracurricular activities selected to highlight the culture and innate beauty of Grenada. Now in its tenth year, both the premedical and preveterinary Summer Academy offer courses that combine didactic lectures, small-group problem solving sessions, practical lab work in state-of-the-art facilities, and hands-on training through simulated and real-life situations.

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Fellowships

Domestic

Camphill Soltane (Paid)
http://www.camphillsoltane.org/

Year-long, full time program aimed at creating a supportive environment and a college experience for young adults with disabilities, emphasizing self-advocacy, ongoing education, meaningful work, and the transition into adulthood.

Charles G. Koch Charitable Foundation ($)
www.cgfoundation.org

The Koch Associate Program is a year-long, paid program designed to develop promising leaders and entrepreneurs interested in liberty and help them develop the knowledge, skills and experience necessary for careers with market-oriented think tanks, policy institutes, and other non-profit organizations. During the program, Associates work in non-profit roles four days a week and spend one day a week at the Foundation learning Market-Based Management®. Associates range in experience level from recent graduates to those with a decade of work experience. range in experience level from recent graduates to those with a decade of work experience.

Citizen School (Paid)
http://www.citizenschools.org/careers/teaching-fellowship/

The Citizen Schools National Teaching Fellowship is a service program offering a two-year, leadership development experience, including service as a team leader at a Citizen Schools campus, professional development with a
partner organization in the community, and the opportunity for optional enrollment in a pioneering Master's program in out-of-school learning.

City Year (Paid)
www.cityyear.org

City Year corps member serve full-time as tutors and mentors in schools, running after-school programs, leading and developing youth leadership programs, and vacation camps to make a difference in the lives of children and their communities. City Year unites young people of all backgrounds, ages 17-24, for a demanding year of community service and leadership development in 17 U.S. communities and Johannesburg, South Africa.

Claretian Volunteers and Lay Missionaries (Paid)
www.claretianvolunteers.org

One year assignments in the United States. Volunteers need not be Catholic but must be willing to live in a Roman Catholic community, married couples accepted.

Coro Fellows Program in Public Affairs ($) http://www.coro.org/site/c.geJNIUOzErH/b.4667963/k.725D/Coro_Fellows_Program.htm

Cost: $4,000 (St. Louis)

The Fellows Program in Public Affairs is a nine-month, full-time, post-graduate experiential leadership training program which introduces diverse, intelligent and driven young public servants to all aspects of the public affairs arena. Field assignments, site visits, interviews and special individual and group projects and consultancies prepare Coro Fellows to translate their ideals into action for improving their own communities.

Echoing Green Fellowship (Paid)
www.echoinggreen.org

Two-year fellowships at $30,000 per year awarded to emerging social innovators who create new models for tackling seemingly unsolvable social challenges. Fellows do not develop their ideas in an academic setting - they work within the community to launch, manage and grow organizations that implement and expand their ideas for creating lasting social change.

Emerging Leaders Program (2 years) (Paid)
http://hhsu.learning.hhs.gov/elp

Preference: Master's degree or 2 years post-grad education

The Emerging Leaders Program (ELP) is a competitive, two-year, paid, federal internship with the Department of Health and Human Services (DHHS). The program provides a unique opportunity to develop analytical and critical leadership skills in one of the largest federal agencies in the nation.

Green Corps Field School for Environmental Organizing Program (Paid)
www.greencorps.org

One-year, full-time, paid program gives you instruction and experience to launch an organizing and advocacy career. Program includes intensive classroom training, hands-on field experience running urgent environmental and public health campaigns, and placement in permanent leadership positions with leading environmental groups.
New Sector Residency in Social Enterprise (Paid)
http://www.newsector.org/content/residency-social-enterprise-rise

New Sector Alliance is a nonprofit strategy consulting firm located in Boston. The New Sector Residency in Social Enterprise (RISE) program is an intensive, 11-month leadership development program for emerging professionals and recent graduates interested in the social impact sector. Residents are selected from a highly competitive pool to provide support to Boston and San Francisco organizations that enhances the organizations’ service to their constituents. Throughout the program, Residents receive rigorous training and exclusive, one-on-one mentorship from a diverse selection of leaders involved in the social impact sector, from for-profit consultants to non-profit professionals.

New York City Teaching Fellows (Paid)
www.nycteachingfellows.org/

Fellows teach in NYC classrooms as they pursue their own education through a subsidized Master’s degree program. They also benefit from a regular teacher’s salary and benefits.

New York City Urban Fellows Program (Paid)

The Urban Fellows Program is a highly selective, nine-month fellowship which combines work in Mayoral offices and City agencies with an intensive seminar series that explores current urban issues impacting public policy. Program participants are diverse and come from all over the country to work in New York City. The nine-month Fellowship begins September 3, 2013 and ends May 10, 2014. For their services, the program provides: a stipend of $30,000 and health Insurance coverage (not including dental or vision).

Office of Minority Health and Health Disparities - Various Fellowships (Paid)
http://www.cdc.gov/minorityhealth/internships/opportunities.html

The Office of Minority Health and Health Equity (OMHHE) supports internship opportunities for qualified undergraduate students to gain meaningful experiences in public health settings. Whether you are looking for a summer internship or a year-long fellowship, OMHHE programs provide valuable exposure to a wide range of public health opportunities.

Presidential Management Fellows Program (Paid)
www.pmf.opm.gov/Index.aspx

Must be completing or recently completed a graduate degree

The purpose of the Program is to attract to the Federal service outstanding men and women from a variety of academic disciplines and career paths who have a clear interest in, and commitment to, excellence in the leadership and management of public policies and programs.

Public Allies (Paid)
www.publicallies.org/

Paid 1-year full-time professional community leadership positions in non-profits or government agencies, with 1 day/week in training seminars. Allies take responsibility for projects in areas such as youth development, health, education, economic development, and public safety.

U.S. Schweitzer Fellows Program (Paid)
www.schweitzerfellowship.org

ASF’s U.S. Schweitzer Fellows Program immerses students in an experiential learning process designed to develop and sharpen the skills and abilities necessary to become lifelong Leaders in Service: professionals skilled in creating positive change with and in our communities, our health and human service systems, and our world. Each U.S.
Schweitzer Fellow partners with a community-based organization to identify an unmet health need, design a yearlong, 200-hour service project with a demonstrable impact on that need, and bring that project from idea to implementation and impact—all on top of his or her usual academic responsibilities. Simultaneously, Fellows undergo a mentored, reflective, and multidisciplinary leadership development program that enhances their ability to successfully carry out interventions that improve the health status of underserved people. Rooted in a holistic understanding of health, ASF’s programming and the Fellows’ Schweitzer service projects focus not only on clinical health issues, but also on the social determinants of health—the conditions in which people are born, grow, live, work and age, and which are mostly responsible for health inequities.

International Fellowships

**Fulbright (Paid)**
http://us.fulbrightonline.org/

Established in 1946, the Fulbright Program aims to increase mutual understanding between the peoples of the United States and other countries through the exchange of persons, knowledge and skills. A Fulbright Grant supports one-year of international study, research, or English Language Teaching in country’s around the world. Second language skills needed. Candidates are B.S./B.A. graduates, master’s and doctoral candidates who are interested in planning their own project or being English Teaching Assistants. Projects may include university course work, independent library or field research, classes in a music conservatory or art school, special projects in the social or life sciences, or a combination.

**Global Health Corps (Paid)**
http://ghcorps.org/

GHC provides opportunities for young professionals from diverse backgrounds to work on the frontlines of the fight for global health equity. Our fellows have a measurable impact on the health of the communities in which they work, and draw upon that experience and the GHC alumni network to deepen their impact throughout their careers.

**International Fellows Program (Unpaid)**
http://www.ifesh.org/what-we-do/international-educators-for-africa-program/international-fellows-program/

The International Fellows Program (IFP) is a nine-month internship for talented recent college graduates and graduate students to provide on-the-job development experience in Africa. Our Fellows provide technical assistance and training to community-based grassroots projects including education, literacy, health development, HIV/AIDS, English as a Second Language, agricultural development, proposal development, managerial training, feasibility studies and small business development. Due to lack of funding, IFP is not accepting applications for this program unless candidates have at least three years of teaching experience.

**Leland International Hunger Fellows Program (Paid)**
http://www.hungercenter.org/fellowships/leland/

Two-year fellowship for those interested in the global fight against hunger. For the first year, fellows will be placed in countries throughout Asia, Africa, and Latin America. For the second year, fellows will work in a policy setting with the headquarters of the organizations in which they served during their first year.

**Mabelle Arole Fellowship (Paid)**
http://www.amsa.org/AMSA/Homepage/MemberCenter/Premeds/MabelleArole.aspx

One U.S. citizen or permanent resident who has been accepted to medical school but who is willing to defer. acceptance for one year will be accepted to this year-long program based in Jamkhed, India. Learn about community-based health programming in India, a developing country. Begins with a 2-month course on
community-based primary health care. Includes in-patient and out-patient and in the field experience, and work on a project, depending on current CRHP activities and needs and fellow’s interest. The fellow will receive a stipend of $8000 in quarterly payments, which covers housing, living expenses, and travel, including airfare to and from India.

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**Internship/Work**

**Domestic/International**

**Africare, Inc** (Unpaid/Paid)
http://africare.org/

Works to improve the quality of life in rural Africa by conducting self-help programs to cultivate the land's full potential, develop water resources, etc. The Africare Summer Internship Program (unpaid): a 10 week program from June to August open to full- or part-time undergraduates, graduates and post-graduate students. Applicants must have excellent writing, research and Microsoft Office skills. Jobs in Africa (paid): A graduate degree, postgraduate work experience and fluency in English are general requirements for most Africare positions overseas. Depending on the country, some overseas positions require fluency in French, Portuguese or Arabic.

**International**

**International Cooperative Education Program** (Paid)
www.icemenlo.com

Since 1971, ICE has placed more than 16,000 students in work/internship positions throughout Europe, Asia, and South America. ICE students have worked at automotive plants in Germany, schools in China, supermarkets in Japan, and in Aboriginal communities in Australia.

**i-to-i** (Paid)
www.i-to-i.com

i-to-i provides TEFL training (Teach English as a Foreign Language) for travelers and recruits international volunteers to teach English, work in conservation and community development.

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**Internships**

**Domestic**

**American Cancer Society Internships** (Unpaid)

The internship program at the American Cancer Society provides an opportunity for people to make a difference as they gain valuable hands-on experience in the non-profit sector and a greater understanding of the Society’s mission.

**American Public Health Association Internships** (Unpaid)
www.apha.org/about/careers/internships/
The American Public Health Association is the oldest, largest and most diverse organization of public health professionals in the world and has been working to improve public health since 1872. A variety of internships for undergrad and grad students are available.

**Bridging the Gaps** (Unpaid)
www.med.upenn.edu/btg/

Open to students who have completed their first year in a graduate school at one of the following Philadelphia universities: Drexel, Temple, Thomas Jefferson, University of Pennsylvania, and Philadelphia College of Osteopathic Medicine; and Junior year nursing majors at La Salle University.

Three components of program: Completion of 7-week Community Health Internship Program, attendance at 6 Bridging the Gap (BTG) seminars, and completion of rotation at one of the BTG clinical sites. For the Community Health Internship Program, student interns are matched with one of 100 nonprofit community partners in Philadelphia, Pittsburgh, and Erie, Pennsylvania, and Delaware. Students’ projects are based on needs of community and the professional interests of the students. Students who complete all three required components of the program graduate as a Bridging the Gap Clinical Scholar.

**Centers for Disease Control: Collegiate Leaders in Environmental Health** (Paid)
www.cdc.gov/nceh/cleh/

This is a paid 10-week summer environmental internship for undergraduate students who are passionate about the environment, interested in human health, and curious about how they are linked.

**Church Health Center Internship Program** (Unpaid)
http://churchhealthcenter.org/interns

Dr. Scott Morris founded the Church Health Center in 1987 to provide quality, affordable healthcare for working, uninsured people and their families. Over the years, Dr. Morris has hired pre-medical students in their gap year to intern in what has become the country’s largest faith-based clinic.

**Franklin Hospital Summer Scientific Work Program** (Unpaid)
http://www.northshorelij.com/NSLIJ/Pre-Med+Internship+Program

Started in the summer of 1965, the Summer Scientific Work Program (SSWP) at Franklin Hospital was designed to help college students decide whether or not a career in medicine is right for them. This renowned program offers students the opportunity to complete a four-week summer internship where they have the chance to observe and ask questions in order to learn more about the medical field. Throughout these four weeks, accepted students rotate through various departments in order to gain a well rounded experience of the hospital. Some of these departments include the operating room, emergency room, radiology, geriatrics, laboratory, psychiatry as well as the rehabilitation unit. Participants also have numerous opportunities to go on rounds with doctors, observe physicians in their private offices and attend hospital conferences. Complementing the hospital rotations are daily lectures given by representative physicians from many of the medical specialties and sub-specialties. Some topics include general surgery, oncology and hematology, neurology, dermatology, orthopedics, cardiology and plastic surgery. Through these lectures, students learn not only about the practice of medicine, they also have the chance to learn more about all the aspects of a doctor’s life. The doctors on staff, some who are alumni of the program, are always willing to spend time with students and answer questions.

**Health Communications Internship Program** (Paid)
https://hcip.nci.nih.gov/

The National Cancer Institute (NCI) is the Federal Government’s principal agency for cancer research and training. The NCI coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.
**Interaction (Unpaid)**  
http://www.interaction.org/about/interns

InterAction offers internship opportunities three times a year, typically corresponding with the academic calendar and during the summer. Competitive applicants should possess a minimum of three years of undergraduate coursework in an area that is related to the focus of the desired internship. Graduate students are preferred. Applications for internships should be received by mid-January for the spring, mid-April for the summer and early August for the fall. Early applications are encouraged, as positions are filled on a rolling basis, depending on organizational needs. Internships are unpaid; however, InterAction interns receive a transportation stipend of $50 per month. All applicants must be enrolled in undergraduate or graduate programs, able to work with minimal supervision and commit to working at least 20 hours per week to be considered. Applicants should have excellent written and spoken English skills, strong computer skills (including Microsoft Word and Excel) and good interpersonal and organizational skills. Washington, D.C.

**MHealthy Intern (Summer or Semester) (Unpaid)**  
http://hr.umich.edu/mhealthy/involve/employment.html

University of Michigan's MHealthy has internship possibilities for currently enrolled and recent college students in the areas of fitness center management, corporate health promotion, health education, community health promotion, nutrition, tobacco cessation, employee wellness, and marketing.

**Robert Wood Johnson Summer Clinical Internship Program (Unpaid)**  
http://rwjms.umdnj.edu/education/admissions/clin_intern_program.html

Participants will have the opportunity to shadow clinical faculty members at the medical facilities in New Brunswick, New Jersey. Distinguished faculty from a variety of specialties will host students. Students will be paired with faculty in specialties representing students’ interests. Students are encouraged to keep the hours of the clinicians in order to get a real sense of the specialty, the issues in patient care and the practice of medicine. A lunchtime seminar series will complement the clinical experiences. Students will also take part in a pedagogic exercise at the end of the program. Students will make brief presentations to their peers on topics selected and researched with the guidance of the faculty preceptors.

**SOS Children's Villages (Washington, D.C.) (Unpaid)**  
www.sos-usa.org

SOS is an international nonprofit organization building homes and communities for orphaned and abandoned children. We have 456 villages in 132 countries, and have been operating around the world for more than 60 years. In addition to providing loving homes for these children, we work in the community to provide education, health care, vocational training, and family strengthening. SOS Children's Villages has a long-standing role providing emergency relief as well.

**Women's International League for Peace and Freedom (Paid)**  
http://wilpfus.org/

An international NGO with consultative status in the United Nations Economic and Social Council, WILPF works to achieve, through peaceful means, world disarmament, full rights for women, racial and economic justice, and an end to all forms of violence. WILPF offers a paid 12-month internship with the UN in Geneva and in New York.
Domestic/International (Internships)

Child Voice International ($)  
www.childvoiceintl.org  
10-12 weeks in spring, summer, and fall; cost: $3,950  

ChildVoice International is quickly expanding in northern Uganda. Opportunities include, but are not limited to, adult and child education, psycho-social rehabilitation, community health, spiritual leadership and development, income generating projects, microfinance, art, physical and occupational therapy, administrative and organizational tasks, and agriculture.

World Health Organization (Paid)  
http://www.who.int/employment/internship/interns/en/  
Internships are available in a wide variety of areas related to the technical work of WHO. Our Information Sheet for Interns regarding WHO departments (below) provides links to WHO-related websites about WHO’s technical work. Please review this information and specify which area of WHO would be most suitable for you. The more specific you can be in your request, the better chances there will be to match you to one of our technical programmes.

International (Internships)

AIESEC (Paid)  
http://aiesecus.org/  
AIESEC is a global, non-political, independent, not-for-profit organization run by students and recent graduates. Its members are interested in world issues, leadership and management. AIESEC provides its members with an integrated development experience comprised of leadership opportunities, international internships and participation in a global learning environment. AIESEC, the world’s largest student organization, is the international platform for young people to discover and develop their potential so as to have a positive impact on society. In addition to providing over 5,000 leadership positions and delivering over 350 conferences to our membership of over 22,000 students, AIESEC also runs an exchange program that enables over 4,000 students and recent graduates the opportunity to live and work in another country.

AYUDA Internship (Summer) ($)  
http://volunteers.ayudainc.net/site/PageNavigator/homepage.html  
Fundraising required: $5500, plus flight costs  

American Youth Understanding Diabetes Abroad, Inc. (AYUDA) is a grassroots organization seeking interns who are dedicated, hard working and self-motivated. The interns will experience how a small non-profit organization works from the everyday operations to the delivery of essential medical support and resources to Latin America.

Global Healing’s Health Education & Advocacy Liaisons ($)  
http://www.roatanclinic.org/heal/index.html  
1-3 months; cost - $1500-2000/month  

Global Healing’s Health Education & Advocacy Liaisons (HEAL) student internship provides advanced undergraduate students with a unique opportunity to experience pediatric medicine and community health at the Roatán Volunteer Pediatric Clinic (RVPC) in Roatán, Honduras. As part of the American and Honduran medical team, student interns play a key role in the daily operations of the RVPC. Outside of clinic, student interns volunteer with local community organizations and/or carry out their own community or public health projects.
International Executive Service Corps (IESC) (Unpaid)
www.iesc.org

For almost 50 years, IESC has stayed true to its original, guiding principle: The creation of Prosperity & Stability through Private Enterprise development. IESC’s experts, both paid and volunteer, strive to build enterprises that deliver real value and leave behind real skills in the people and communities where it works. IESC seeks retired business executives and professionals to volunteer as business development advisors abroad.

Uganda Village Project ($)
www.ugandavillageproject.org/

All interns are required to fundraise $2000 for UVP, $500 of which will be a refunded to the intern upon successful completion of the internship.

Our interns work in teams made up of four international interns and two Ugandan interns. We will have two teams of interns who will each live and work in an existing Healthy Villages (HV) community for six weeks to run sanitation, nutrition, and/or monitoring/evaluation programs. These teams will carry out a variety of activities. Each intern team is headed by one international “Project and Administration Leader,” and one Ugandan “Project and Implementation Leader.” International and Ugandan team leaders are responsible for coordinating a team of interdisciplinary, international volunteers to collaborate with government and NGO officials to conduct public health programs in the village they live in. Team leaders will be selected by the Internships Coordinator based upon their demonstrated interest and experience in leadership positions. Interns who are selected as team leaders will be notified approximately two weeks after they are accepted into the program.

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Research

Brigham & Women's Hospital Summer Training in Academic Research & Scholarship (STARS) Program (Paid)
www.brighamandwomens.org/cfdd/omc/stars.aspx

The BWH STARS Program recruits underrepresented minority (URM) college and first-year medical students from around the US into an eight-week mentored summer program. The students participate in intensive hands-on training in research methods and practice directly in the labs of the Brigham and Women's Hospital and Harvard Medical School's leading researchers.

Columbia University/Barnard College Amgen Scholars Summer Research Program (Paid)
www.columbia.edu/cu/biology/ug/amgen/

Amgen Scholars Program at Columbia U./Barnard College. Through the generous support of the Amgen Foundation, Columbia University and Barnard College now offer a summer research program to a select group of motivated undergraduate students who will benefit from the opportunity of hands-on biology related laboratory research. This is a chance to experience the joys of discovering something completely new while learning to overcome the challenges inherent in scientific research. Students work at Columbia University (either at the Morningside Heights campus or at the Medical Center campus) or Barnard College.

Gateways to Lab Summer Program (Paid)
http://weill.cornell.edu/mdphd/summerprogram/

In 1993, the Weill Cornell/Rockefeller/Sloan-Kettering Tri-Institutional MD-PhD Program became the first MD-PhD Program in the country to establish a summer program for underrepresented minority and disadvantaged college students who wish to pursue the combined MD-PhD degree. While we've "trained" other MD-PhD Programs over
the years in running such a successful summer program, to this day, we are the only such program which focuses on freshman and sophomore college students.

**Immune Disease Institute at Harvard University** (Paid)
http://idi.harvard.edu

Gain valuable research experience among the leading researchers in immunology and blood research. The IDI is an independent, non-profit biomedical research institution specializing in the study of blood and related tissues.

**Minneapolis Heart Institute Summer Research Internships Program** (Paid)
www.mplsheart.org/internship

Minneapolis Heart Institute Foundation offers one of the most outstanding and unique internship opportunities available to undergraduate premed students and those studying in other health care disciplines. Working with a physician mentor and a research staff mentor, interns contribute to clinical research studies and publications that impact patient care. This past year, the work of former interns was a part of 10 presentations at national scientific meetings and 9 publications in peer-reviewed journals. During their 12 week internships, interns spend nearly 11 days on shadowing, observations and other field trips.

**National Institutes of Health Research & Training Opportunities** (Paid)
www.training.nih.gov/programs

NIH Training Programs in the Biomedical Sciences. Opportunities include Summer Internship Program (SIP), Undergraduates Scholarship Program, and Post-baccalaureate training programs that provide biomedical research opportunities to recent graduates.

**National Science Foundation Research Experiences for Undergraduates** (Paid)
http://www.nsf.gov/crssprgm/reu/

NSF funds a large number of research opportunities for undergraduate students through its REU Sites program. An REU Site consists of a group of ten or so undergraduates who work in the research programs of the host institution. Each student is associated with a specific research project, where he/she works closely with the faculty and other researchers. Students are granted stipends and, in many cases, assistance with housing and travel. Undergraduate students supported with NSF funds must be citizens or permanent residents of the United States or its possessions. An REU Site may be at either a US or foreign location.

**North Shore University Hospital Emergency Medicine Research Academic Associate Program** (Paid)
http://nsuhed.com/academic-associates-programs.html

The Academic Associate program is a one-year, full-time, paid position in the Department of Emergency Medicine designed for post-undergraduate, pre-medical students interested in clinical and translational research. Academic Associates help emergency medicine faculty with academic and scholarly activity and support the department by performing administrative duties. Long Island, NY.

**Ohio University College of Osteopathic Medicine Summer Undergraduate Research Fellowship** (Paid)
http://www.oucom.ohiou.edu/Admissions/SURF.htm

The Ohio University Heritage College of Osteopathic Medicine provides a wide variety of summer research opportunities for undergraduate students interested in careers in medicine or biomedical research. Participants in this program work in an active research laboratory under the guidance of a faculty member. The program is deliberately flexible, so that students may combine work with other educational experiences. The goal of the program is to expose students to the challenges, excitement and satisfaction of research. Selection is based on academic records and the appropriateness of the applicant’s scientific interests. Students about to begin their senior year of college studies are preferred, but promising juniors and recent graduates will be considered. Participants are provided with room, board and a $600 stipend. Eight undergraduate credit hours in biology are also available tuition-free to all program participants. In addition, those program participants who meet minimum
requirements for admission to OU-HCOM, including having taken the MCAT, will be offered an opportunity to interview during the summer.

Oregon Health & Science University Equity Summer Research Program (Paid)
http://www.ohsu.edu/xd/about/vision/center-for-diversity-inclusion/academic-resources/internships/summer-equity-internship.cfm?WT_rank=3

The program is only open to applicants who have experienced social or economic disadvantages.

The OHSU Equity Summer Research, Dental and Medicine Internship Program offers an exciting opportunity to spend 8 to 10 weeks working with faculty and graduate students in a research setting, learning new skills, and gaining hands-on experience. The Program includes weekly seminars and meetings with fellow students and faculty to discuss ongoing research; an opportunity to present a poster presentation of your summer research project; ongoing, personal mentoring about your individual career pathway from OHSU faculty; clinical experience; and a paid stipend during the program.

Research Associates Program at St. Vincent’s Medical Center (Summer) ($)  
www.raprogram.org

The Dept. of Emergency Medicine at St. Vincent’s Medical Center recruits college students and graduates to join research efforts in the emergency department (ED). With both the research and service protocols, each RA will have direct interactions with well over 100 patients and visitors during the summer semester.

Roswell Park Cancer Institute Summer Research Experiences (Buffalo) (Paid)  
www.roswellpark.edu/education/summer-programs/undergraduates

Roswell Park Cancer Institute (RPCI), with funding from the National Cancer Institute (NCI), offers summer programs designed to provide college juniors an immersive research experience in the biomedical life sciences at an NCI-designated comprehensive cancer center. The program spans 10 weeks during the Summer between a participant’s Junior and Senior year of College (First week of June to mid-August). During this time, participants work independently on an assigned research project under the supervision of a RPCI faculty researcher and alongside graduate students and post-doctoral trainees. To complement their research experience, participants attend scientific seminars and laboratory data meetings where they are informed of the latest trends and findings in cancer research. Participants conclude their Summer by presenting on their research results (oral & poster) at a concluding scientific conference.

Short-term Education Program for Underrepresented Persons (STEP-UP) (Paid)  

Applicants must meet one or more of the following criteria: (1) Come from racial and ethnic groups that have been shown by the National Science Foundation to be underrepresented in biomedical sciences on a national basis. (2) Come from a disadvantaged background as defined by annual family income and/or be the first generation in their families to graduate from a four-year college or university. (3) Diagnosed with a disability that substantially limits one or more major life activities.

The Undergraduate STEP-UP provides hands-on summer research experience for Undergraduate students interested in exploring research careers in the biomedical, behavioral, clinical and social sciences. The program provides exposure to the core NIDDK mission areas of diabetes, endocrinology and metabolic diseases; digestive diseases and nutrition; kidney, urologic and hematologic diseases.

Summer Research at the University of Michigan (Paid)  
www.umich.edu/summer_prog.php

Summer research opportunities at U. of Michigan.
Summer Research Fellowship Program as WSU SOM (Paid)
http://biochem.med.wayne.edu/summer_program.php

Expand your research skills at one of the largest medical centers in the world. Summer fellowships are available in molecular biology and biochemistry.

University of Alabama Summer in Biomedical Science (SIBS) Undergraduate Research Program (Paid)
http://peir.path.uab.edu/sibs/

The Summer in Biomedical Science (SIBS) Undergraduate Research Program will provide the opportunity for young people to be instructed in the techniques of modern biology while becoming integrated members of a vibrant clinical and scientific community. Ten students who will be sophomore or junior level college undergraduates in March 2013 will be accepted into an 8-week paid summer program (June 3, 2013 - July 26, 2013) to work with faculty members on mentored research projects. SIBS participants will receive a stipend of $2,000 for their participation in the program. Campus housing will be provided, but travel expenses will not be covered. Application Deadline is February 15, 2013

University of Cincinnati Medical School Summer/Enrichment Programs (Paid)
http://med.uc.edu/Summer.aspx

U. of Cincinnati offers a number of summer research and enrichment opportunities ideally suited to pre-med students.

University of Massachusetts Summer Undergraduate Research Program (Paid)
www.umassmed.edu/summer/index.aspx

The University of Massachusetts Medical School Summer Undergraduate Research Opportunity is a non-credit, ten-week, structured research experience. The program consists of "hands-on" laboratory research experience with an investigator serving as a mentor, role model and advisor. The Summer Undergraduate Research Opportunity Program is sponsored by the Office of School Services, the Summer Undergraduate Research Opportunity program is funded by either the National Institute of Health (NIH) or the Summer Undergraduate Research Experience (SURE) UMMS Office of Research. The program's goals are to attract students who are disadvantaged, disabled and form a group that is under represented in bio medical research and provide participants in-depth exposure to the actual scientific research in the hopes that the excitement, challenge and creativity of the enterprise will convince them to consider research in the sciences as a viable career choice.

Vanderbilt Summer Science Academy (Paid)
https://medschool.vanderbilt.edu/vssa/

The Vanderbilt Summer Science Academy (VSSA) offers biomedical research opportunities to undergraduates who want to pursue a career in the biomedical sciences. Although each participating program operates independently, the academy unites students and provides them with opportunities for academic and social interaction. There are two major tracks within the VSSA; the Basic Science Programs for undergraduates interested in careers in research, and the Undergraduate Clinical Research Internship Program for undergraduates who wish to pursue a career in medicine. Participation in any one of the Summer Science Academy programs is a valuable learning experience that enhances a student's skills and makes him or her more competitive for acceptance to frontline graduate programs.

Weill Cornell Medical College Travelers Summer Research Fellowship Program (Paid)
www.med.cornell.edu/education/programs/tra_sum_res.html

The Travelers Summer Research Fellowship Program is designed to give 25 premedical students deeper insights into the field of medicine, including issues that greatly affect the health of traditionally underserved groups. Through the experiences of laboratory or clinical research, the student learns how one pursues a specific research problem under the supervision of a faculty member, thus providing an early education into basic research techniques that could be applicable to any area of medicine. A lecture series explores topics in cardiovascular
physiology, exposing the students to basic science concepts that are relevant to a more specific understanding of hypertension and cardiovascular disease, both of which are major problems in minority communities. The summer fellows attend a series of talks by minority physicians about various medical specialties, addressing issues of concern in these physician’s daily work plus views of the bigger picture in health care to minority communities. Rounds in the hospital with advanced year students provide further exposure to the clinical facets of medicine. Students in the summer program receive counseling on financial planning for medical school and how to examine the financial aid package.

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Language Study (Spanish) & Service

International

Chacha Medical Spanish Institute ($)
www.chachamsi.com

Cost: $1700 for 4 weeks depending on what housing option is chosen.

Location: Ecuador - An immersion language program for senior level pre-medical students, PA and medical students, resident doctors, and practitioners. Spanish curriculum, opportunity to take classes on alternative medicine. Classes are 1-10 individuals/instructor depending on time of year. Shadowing health care professionals in hospitals and clinics.

Med Spanish ($)
www.medspanish.com

Summer Program: 6 weeks/ $2,500 + housing (~$840-1050)

Locations: Guanajuato Mexico (San Miguel and Dolores Hidalgo), La Paz /Todos Santos Baja California, Acapulco, Mexico, Guatemala, Panama, Ecuador, and Argentina. Open to medical students, residents, and attending physicians (credit for continuing medical education). Pre-med program- completion of an Emergency First Responder course required before the first summer. Programs stresses language acquisition (beginner to advanced), cultural competence, and international health experience; clinically and total immersion based. Online Med Spanish classes available before and after rotations. While on the trip, Spanish lessons are two hours every day, five days a week, and use a series of textbooks developed for the Foreign Service of the U.S. State Department.

Somos Hermanos Student Immersion Program ($)
www.somoshermanos.org/

Somos Hermanos offers two types of programs: a 6-Month Immersion Program which runs twice per year (January to June and July to December) and a 6-Week Summer Program (June to July). Our programs combine intensive one-on-one Spanish language instruction, family homestays, cultural activities, field trips, expert lectures, and socially relevant volunteering. If you want to gain the language skills and cultural competency required to provide quality health care to Latino patients, if you want to open your eyes to new realities, Somos Hermanos is for you. Volunteer work is an integral component of the Student Immersion Program. Not only does it provide students with the opportunity to utilize and sharpen their Spanish skills, but also results in some of the most profound cross-cultural experiences. Somos Hermanos is committed to ensuring that participants are matched up with the right projects for them – projects for which they are passionate and enthusiastic. Somos Hermanos offers a variety of projects for students to choose from. For example, Somos Hermanos participants volunteer and shadow in primary health care centers, clinics and hospitals so that they can better understand the different doctor-patient relationship and perceptions in health care, and become familiar with medical terminology in Spanish.
Spanish Medical ($)
www.spanish-medical.com

Cost: about $300 to $400 per week for housing, tuition, medical shadowing depending on location.

Spanish immersion and shadowing program open to pre-medical and medical students, nurses, paramedics, and physicians. Cuernavaca, Mexico; Antigua, Guatemala; Santiago, Chile; Buenos Aires, Argentina. Spanish classes are six students or less, private lessons are also offered. Shadowing is two times a week for up to four hours per session. Intermediate level Spanish required. Private lessons cost extra. medicomundo.org is hoping to begin offering scholarships soon.

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Study Abroad

AustralLearn ($) 
www.australlearn.org

AustralLearn provides college/university students with study abroad opportunities in Australia, New Zealand and the South Pacific. Students may participate in a semester or year abroad or earn an entire degree at one of more than 30 major universities. There are also opportunities to participate in a high quality internship in Australia or New Zealand or a January term or summer abroad program.

Comparative Health Care Program in Japan (Summer) ($) 
www.isp.msu.edu/JCMU/students/programs/chc.htm

Cost: $8,900

The Comparative Health Care in Japan Program is an opportunity designed for health care, pre-med, and nursing students who want to add international dimensions to their careers at both the undergraduate and graduate levels. JCMU partners with the Shiga University of Medical Sciences (SUMS) for this program, allowing participants to work alongside with graduate students, researchers and professors.

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Study/Intern Abroad

Council on International Educational Exchange ($) 
http://ciee.org/participant.aspx

Helps students and recent grads work abroad up to 6 months in Germany, France, Costa Rica, Ireland, Australia, Canada & New Zealand.

International Partnership for Service-Learning and Leadership ($) 
www.ipsl.org

Offered in 14 countries, IPS-L programs unite academic study and volunteer service, giving students a fully integrated study abroad experience. By studying at a local university and serving 15-20 hours per week in a school, orphanage, health clinic or other agency addressing human needs, students find their knowledge of the host culture- and of themselves- take on greater depth and meaning. Volunteers to Latin America, Asia, or Africa for three months to one-year term. Fee covers room and board. Project in many fields including education, health, and childcare. Study component included.
Volunteer/Internships

Domestic

Child Family Health International (Unpaid)
http://www.cfhi.org/web/index.php

Cost: $1900 for 4 weeks

Child Family Health International (CFHI) is the leading nongovernmental organization (NGO) placing health science students on global health education programs in ways that are socially responsible and financially just. CFHI works at 20+ sites in 6 countries with over 250 partners and has enrolled students from over 35 countries, with 7,000+ alumni to date. CFHI offers volunteer and internship opportunities in San Francisco; a great opportunity to learn about all aspects of running an international global health nonprofit. For Interns CFHI requires a time commitment of 20 hrs per week for a minimum of 3 months. For volunteers, a minimum of 4 hours per week for 3 months or more.

LIFT (Unpaid)
http://www.liftcommunities.org/

LIFT (formerly National Student Partnerships) - LIFT’s mission is to help community members achieve economic stability and well-being. We are working to establish a new standard for holistic and enduring solutions in our country’s fight against poverty. LIFT is a growing movement to combat poverty and expand opportunity for all people in the United States. LIFT currently runs centers staffed by trained volunteers in Boston, Chicago, New York, Philadelphia, and Washington, DC, to serve low-income individuals and families. LIFT clients and volunteers work one-on-one to find jobs, secure safe and stable housing, make ends meet through public benefits and tax credits, and obtain quality referrals for services like childcare and healthcare. Simultaneously, the LIFT experience pushes volunteers to grapple with our country’s most challenging issues related to poverty, race, inequality, and policy. Since LIFT’s founding, over 6,000 volunteers have served more than 40,000 individuals and families.

International (Volunteer/Internships)

Global Brigades ($)
http://www.globalbrigades.org/medical-methodology

Volunteer and Internship Opportunities - Medical & Public Health: The goal of Medical Brigades is to improve access to healthcare for rural community members by offering complete comprehensive consultation services through brigades medical clinics. To improve access, our program organizes brigades in a mobile-clinic type fashion with the help of community leaders and volunteers. Medical Brigades works in many communities that eventually will become Holistic Communities, complete with projects from all of our other programs. We visit each community every 4-6 months twice a year at 6-month intervals, on average, and each time before each brigade the team conducts a community visit in the time leading up to the brigade. The community visit consists of a meeting with community leaders and volunteers, both preparing them for the upcoming brigade and simultaneously outlining their contribution to the brigade (i.e. volunteers during brigade to help organize, clean/private working spaces, etc.).

Institute for Cultural Affairs International (Unpaid/Paid)
www.ica-international.org

Offers volunteer assignments of nine months or longer in Africa, the Americas, Asia, Europe, and the Pacific. Volunteers work in teams on community and village development projects.
Volunteer/Service

Domestic

**Alzheimer's Association** (Unpaid)
www.alz.org/index.asp

The Alzheimer’s Association offers several ways to get involved: volunteer for a few hours a week or more to make a difference in the fight against Alzheimer’s disease; participate in the Alzheimer’s Association Walk, the nation's largest event to raise awareness and funds for Alzheimer’s care, support and research, by volunteering to help plan, promote and work the day of the event or form a walking team of family, friends or co-workers; if you would like to share your experience living with Alzheimer’s or caring for a loved one with the disease, we may have opportunities for you to speak through local Alzheimer’s Association Speaker Bureaus; become an Alzheimer’s advocate and help shape laws at the federal, state or local level by talking with legislators and educating them about Alzheimer-related issues. Association advocates have successfully raised government funds for Alzheimer’s research and improved access to care and support services for people in their communities.

**American Red Cross** (Unpaid)
www.redcross.org/services/volunteer/

The American Red Cross helps people in emergencies every day. Whether its half a million disaster victims or one sick child who needs blood, Our vital work is made possible by people like you, who learn how good it can feel to lend a helping hand. Red Cross volunteers provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.

**Americorps** (Paid)
http://www.americorps.gov/

AmeriCorps is an opportunity to make a big difference in your life and in the lives of those around you. It’s a chance to apply your skills and ideals toward helping others and meeting critical needs in the community. AmeriCorps members address critical needs in communities all across America. As an AmeriCorps member, you can: Tutor and mentor disadvantaged youth; Fight illiteracy; Improve health services; Build affordable housing; Teach computer skills; Clean parks and streams; Manage or operate after-school programs; Help communities respond to disasters; Build organizational capacity.

**Easter Seals** (Unpaid)
www.easterseals.com

Easter Seals has been helping individuals with disabilities and special needs, and their families, live better lives for more than 85 years. From child development centers to physical rehabilitation and job training for people with disabilities, Easter Seals offers a variety of services to help people with disabilities address life’s challenges and achieve personal goals.

**Habitat for Humanity** (Unpaid)
www.habitat.org

Habitat for Humanity International is a nonprofit, ecumenical Christian housing ministry. HFHI seeks to eliminate poverty housing and homelessness from the world, and to make decent shelter a matter of conscience and action. Habitat invites people of all backgrounds, races and religions to build houses together in partnership with families in need. Habitat is an ecumenical Christian-leveled organization dedicated to eliminating the effects of poverty through the construction of inexpensive, quality housing. Skilled and non-skilled persons are welcome.
HandsOn Network/ HandsOn Corps (Paid)
http://www.handsonnetwork.org/nationalprograms/nationalservice

HandsOn Corps is committed to action through uniting people from different backgrounds to combat critical social issues in education, economy and the environment. Placed in action centers across the nation, HandsOn Corps members inspire, equip and mobilize communities and serve as change agents through direct action. Get involved by serving with 75,000 other AmeriCorps members as we strive to “be the change we most want to see in this world” (Gandhi)

Jesuit Volunteer Corps (Paid)
www.jesuitvolunteers.org

Jesuit Volunteers serve the homeless, the unemployed, refugees, people with AIDS, the elderly, street youth, abused women and children, the mentally ill and the developmentally disabled. JVC has become the largest Catholic lay volunteer program in the country. Social justice, simple lifestyle, community and spirituality are key components to JVC. Recent grads are asked to live within a community and work in community service in international & domestic location. Program provides room/board, stipend, loan deferment as well as health insurance.

Kiwanis International (Unpaid)
www.kiwanis.org/

Kiwanis, through guidance and example, works to develop future generations of leaders. Every day, Kiwanians are revitalizing neighborhoods, organizing youth-sports programs, tutoring, building playgrounds, and performing countless other projects to help children and communities.

Mercy Volunteer Corps (Paid)
www.mercyvolunteers.org

One to two year volunteer opportunities in the U.S. and Guyana, South America. All Mercy volunteers work with those who are economically poor or marginalized in a spirit of solidarity and mutuality, live simply in community, and commit to personal and communal spiritual growth. Volunteer positions include fundraising, administration, healthcare, education, social work and direct care.

Messinger Woods Wildlife Care & Education Center, Inc. (Unpaid)
www.messingerwoods.org/volform.htm

Messinger Woods Wildlife Care and Education Center is dedicated to promoting community awareness, education and instruction, involvement, understanding, appreciation, and acceptance of our wildlife in order to conserve it, and offers volunteer opportunities to individuals interested in direct wildlife rehabilitation and care. New York state.

Muscular Dystrophy Association Summer Camp Volunteers (Unpaid)
www.mda.org/clinics/camp/volunteer.html

Volunteer at MDA Summer Camp.

New York Cares (Unpaid)
www.nycares.org

New York Cares meets pressing community needs by mobilizing caring New Yorkers in volunteer service.

Philadelphia Health Corps (Unpaid)
http://www.philadelphiahealthcorps.org/
The Philadelphia Health Corps (PHC) is a program of the National Health Corps AmeriCorps program. The program was established in 1994 with the mission to reduce disparities in access to care, provide health education and information, and provide important skills and experience to those considering careers in health. The PHC is administered by the Health Federation of Philadelphia, an organization that provides support, guidance, and technical assistance to health care and social service providers, to ensure that our most underserved and vulnerable populations have access to quality health care.

Science Firsthand (Buffalo) (Unpaid)
www.firsthandlearning.org

Volunteer opportunities in the Buffalo, NY, area. Firsthand Learning, Inc. is a New York nonprofit corporation founded in 1998 to promote inquiry-based teaching, learning from direct experience, and closer links between cultural institutions and schools. To this end, FHL designs and implements curriculum materials and professional development programs that emphasize direct, firsthand experiences with natural and cultural phenomena. The organization is an outgrowth of the work of the former Center for Science Education at the Buffalo Museum of Science where several of FHL’s projects originated.

United Way (Unpaid)
http://apps.unitedway.org/jobs/

United Way calls volunteers to be engaged in creating a shared vision and commitment to improving communities by focusing on the root causes of the most serious problems. It has existed for more than a century because it recognizes that its most important resource is people—those it serves and all who volunteer, work, invest and care about making a long-term change in community conditions.

Domestic/International (Volunteer/Service)

Global Volunteers ($) 
www.globalvolunteers.org

Cost: in US $995/wk; abroad $1700-2745/wk

At the request of local leaders and indigenous host organizations, Global Volunteers sends teams of volunteers to live and work with local people on human and economic development projects identified by the community as important to its long-term development. Our trained volunteer coordinators will help you select a service program that suits your abilities and interests. Volunteer projects on health care do not seem open to pre-medical students, only those with clinical experience including medical students, nurses, physicians, and mental health workers. Other projects include: tutoring, teaching English, caring for disabled or orphaned children. Volunteers spend one to three weeks in a developing nation, and do what the villagers need done such as building schoolhouses, teaching English, digging latrines, or providing health care to women.

Water Ecuador (Unpaid)
www.waterecuador.org

Water Ecuador has volunteer opportunities both in Ecuador and in your home country. In Ecuador, past volunteers have built water treatment systems, taught in schools about the importance of safe water and good hygiene, tested water sources for microbial and chemical contamination, and worked to strengthen the administrative structure of our organization. In your home country, you can get involved by “tabling” for Water Ecuador at local events, assisting in webdesign and other graphic design needs, raising donations for our organization, and many other activities depending on your particular interests and expertise.
International (Volunteer/Service)

Amigos de las Americas ($)
www.amigoslink.org

Cost: $3,300 fee covers room, board, and transportation.

Amigos is an international, nonprofit organization that was founded in 1965 and has 40 years of experience in facilitating community development programs. We train and provide opportunities for high school and college students to participate in service projects in Latin America. We are dedicated to building partnerships to empower young leaders, advance community development, and strengthen multicultural understanding in the Americas. Participants go to Latin America for terms of one to two months. Public health projects. Minimum age 16.

Amizade ($) 
http://amizade.org

Cost: from $1,440-$1930/2 weeks and from $370-$475 for each additional week.

Amizade encourages intercultural exploration and understanding through community-driven volunteer programs and service-learning programs.

Brethren Volunteer Service (Paid)
www.brethren.org/genbd/bvs

Volunteers for Latin America, Asia, Africa for terms of two years. Room, board, stipend, insurance is provided. Projects in many fields including education, health, construction, social concerns. College degree or equivalent experience required.

Bridges to Community ($) 
www.Bridgestocommunity.org

Cost: $1075 for 8-10 days

Locations: Four sites in Nicaragua: Masaya, Guanacastillo, Ticuantepe, and Siuna. Offers educational, service-oriented trips to materially poor areas with already established and ongoing programs. College and high school students, temple and church groups, business leaders and corporate teams, families, friends, neighbors, and more. Depending on the site and interest of one's group, one could be involved in construction, medical/public health, or environmental conservation projects. Most trips are 9 days long including orientation. Appears to be very flexible. Cost: $1075 for a standard 8-10 day trip to Nicaragua. Spanish is not required.

CARE (Unpaid)
www.care.org

CARE is a leading humanitarian organization fighting global poverty. We place special focus on working alongside poor women because, equipped with the proper resources, women have the power to help whole families and entire communities escape poverty. Women are at the heart of CARE's community-based efforts to improve basic education, prevent the spread of HIV, increase access to clean water and sanitation, expand economic opportunity and protect natural resources. CARE also delivers emergency aid to survivors of war and natural disasters, and helps people rebuild their lives.

Catholic Relief Services (Unpaid)
www.crs.org

Catholic Relief Services assistance is based on need, regardless of creed, race, or nationality to people in more than 80 countries around the world.
Church World Service (Unpaid)
www.churchworldservice.org

Provides emergency relief and technical assistance, refugee resettlement, and interchurch aid.

Cross-Cultural Solutions ($)
www.crossculturalsolutions.org

CCS’s mission is to operate volunteer programs around the world in partnership with sustainable community initiatives, bringing people together to work side-by-side while sharing perspectives and fostering cultural understanding. We are an international not-for-profit organization with no political or religious affiliations.

Entwine’s Global Jewish Service Corps (JSC) (Paid)
http://www.jdc.org/get-involved/serve-abroad/

One-year volunteer opportunity for individuals with a strong Jewish background and a passion for transmitting it to others to serve and take part in the life of a Jewish community overseas.

Global Medical Training ($)
www.gmtonline.org

Cost: $950-$1,400 depending on length of trip and location.

Costa Rica and Panama, Nicaragua, Dominican Republic, and Yucatan, Mexico. Nonprofit organization based in Costa Rica. Focused on the education of undergraduate students. 50% time spent in clinics (hands on experience is stressed), supervised by bilingual physicians; other time is spent traveling, in informational presentations, learning about culture. Length of trip: 9 to 12 days.

Global Service Corps ($) 
www.globalservicecorps.org

Cost: e.g., $9,451 + airfare

Global Service Corps (GSC) is a nonprofit international volunteer organization providing service-learning opportunities for people worldwide to live and work abroad in Thailand and Tanzania.

Global Volunteer Network ($) 
http://www.globalvolunteernetwork.org/

The Global Volunteer Network (GVN) is a private nonprofit based in Wellington, New Zealand. GVN currently has volunteer positions available through partner organizations in China, Ecuador, Ghana, Nepal, New Zealand, Romania, Russia, Thailand and Uganda. Their vision is to support the work of local community organizations in developing countries through the placement of international volunteers.

Heifer Project International (Unpaid) 
www.heifer.org

Assists farmers in 85 countries to produce more protein food and income for themselves by providing them with quality livestock and training.

Himalayan Health Exchange ($) 
www.himalayanhealth.com

Himalayan Health Exchange is a humanitarian service program bringing together healthcare professionals who give of their time, talent and resources to provide care to the underserved populations in select, remote areas of Indo-
Tibetan Borderlands. Each trip combines service and adventure, with team members providing care while also experiencing the land, its natural environment, people and culture.

**Info Nepal ($)**
www.infonepal.org/index.html

INFO’s mission is to provide volunteers with a customized program that will enable them to make an important contribution to the people of Nepal, while gaining an in-depth experience of Nepal’s language and culture, that will stay with the volunteers for the rest of their lives.

**Institute for International Cooperation and Development ($)**
http://www.iicd-volunteer.org/

IICD is a non-profit educational organization dedicated to promoting global understanding and international solidarity through programs to countries in Africa and Latin America. The programs are 6-20 months long and include preparation and follow-up periods at the Institute in Massachusetts.

**International Scholar Laureate Program ($)**
http://www.scholarlaureate.org/

Cost: $5,120; Add-ons: $1,320 - $1,720. Very limited number of scholarships available.

Delegation on Medicine in Australia, China, India or South Africa Australia: focus on workings of a universal health care system and how medical professionals collaborate to provide patient care. China: focus on collaboration of western medical science and traditional Chinese healing. India: focus on influence of culture and alternative medicine in a growing industrial nation. South Africa: focus on the challenges of caring for large proportion of population with HIV/AIDS. Length of program: 11-13 days with additional three- four day Add-Ons (trips).

**International Service Learning ($)**
http://www.islonline.org/

Cost: $1000 to $1,800 depending on length of stay and location.

Information: provide educational opportunities for students while providing services for developing countries. Locations: Central America (Belize, Costa Rica, Nicaragua, Panama, Trinidad), Mexico, and Africa (Tanzania). Tailored to suit needs at hand; works in full coordination with local health officials. Length of program ranges from 9 to 17 days.

**Manna Project International ($)**
http://mannaproject.org/

MPI seeks college students and recent college graduates to execute community development programs abroad. Members serve for thirteen months, volunteers work for any amount of time from a long weekend to multiple months. MPI directs its efforts towards communities in need: communities with inadequate access to basic education, healthcare, and recreational resources. MPI aims for a holistic approach to community development, working with people of all ages in various aspects of their lives. This broad approach enables those with diverse passions and skills to work together towards providing a targeted community with the resources to serve its specific needs. For example, to better serve the healthcare needs of a targeted community, a holistic approach involves teaching health classes in the schools, providing access to clinics, and offering recreational activities that increase physical and mental health.

**OneWorld Volunteer ($)**
www.volunteertravel.com/

Our belief at Explorations in Travel is that there is lots that needs to be done to make the world a better place. No one person can do everything, but each of us can do something. We need to find something that moves us and act
on it. The projects that you'll find on our site were started by people who saw a need and acted on it, by; starting a school, creating a reserve, building an animal shelter, growing organic food, etc.

**Peace Corps** (Paid)
www.peacecorps.gov

Today’s Peace Corps is more vital than ever, working in emerging and essential areas such as information technology and business development, and committing more than 1,000 new Volunteers as a part of the President’s Emergency Plan for AIDS Relief. Peace Corps Volunteers continue to help countless individuals who want to build a better life for themselves, their children, and their communities. Peace Corps Volunteers serve in 74 countries in Africa, Asia, the Caribbean, Central and South America, Europe, and the Middle East. Collaborating with local community members, volunteers work in areas like education, youth outreach and community development, health, and information technology. Volunteers receive a living allowance, housing, full medical benefits, and deferment of student loans while they live in another country for two years, working at the grassroots level to help solve some of the most important challenges facing the developing world. They serve in the Caribbean, Central and South America, Europe, and the Middle East. Collaborating with local community members, volunteers work in areas like education, youth outreach, health, community development, agriculture, business, the environment, and information technology.

**Power Up Gambia** (Unpaid)
www.powerupgambia.org

It’s all about power and light. With the installation of solar panels, the Sulayman Jungkung General Hospital will have a reliable power supply to provide clean running water, power to run incubators, use electronic microscopes, and perform surgeries, day or night, when needed. Refrigeration means vaccines can be safely stored and a blood bank can be established. The hands of the hospital’s staff are tied without solar panels to provide critically-needed power.

**Project Medishare** ($)  
www.projectmedishare.org

Medishare coordinates trips for groups of medical students, doctors, nurses and other health professionals to communities in Haiti Special surgery programs: volunteer surgeons, nurses and medical students perform surgeries at the only full-service hospital which is run by Zanmi Lasante. The work being done in Port-au-Prince is medical and at this time, space is only available for allied healthcare professionals, including but not limited to physicians, nurses, rehabilitation, radiology techs, biomedical engineers, etc. **At this time, we are unable to accept medical students as volunteers due to our limited space in volunteer groups. (Fall, 2012)**

**Sustainable Organic Integratated Livelihoods (SOIL)** (Unpaid)  
www.oursoil.org

Sustainable Organic Integrated Livelihoods (SOIL) is a US 501(c)3 non-profit organization dedicated to protecting soil resources, empowering communities and transforming wastes into resources in Haiti. We believe that the path to sustainability is through transformation, of both disempowered people and discarded materials, turning apathy and pollution into valuable resources. SOIL promotes integrated approaches to the problems of poverty, poor public health, agricultural productivity, and environmental destruction. We attempt to nurture collective creativity through developing collaborative relationships between community organizations in Haiti and academics and activists internationally. Empowering communities, building the soil, nourishing the grassroots. Volunteer and internships opportunities are sometimes available.
Unite for Sight - Global Impact Fellows ($)  
www.uniteforsight.org

Cost: about $200+ per week depending on location.

Multiple sites in Ghana and India Programs open to undergraduate and medical students, public health students and professionals, optometrists, ophthalmologists, ophthalmology residents, nurses. Some locations require completion of one year of graduate school. Volunteers may observe surgeries and assist (depending on experience), record visual acuity, take patient histories, recognize common eye disease, participate in school screening programs and outreach programs. Length of trips are generally 10 to 15 days but participants can combine dates and participate in more than one session Board at a bed and breakfast, or home of ophthalmologists

United Planet ($)  
www.unitedplanet.org

Short and long term opportunities in 50 countries combining volunteering, language learning, learning excursions, and cultural awareness. Volunteer experiences focus on HIV/AIDS education, teaching, and healthcare education.

US Agency for International Development (Paid)  
www.usaid.gov

Volunteers must have at least 3 years of professional experience.

USAID is the independent government agency that provides economic development and humanitarian assistance to advance US economic and political interest overseas. Volunteers for Prosperity program requires that volunteers have at least 3 years of professional experience.

Visions in Action ($/Paid)  
www.visionsinaction.org

Visions in Action is an international development organization based in Washington, DC with field offices in Uganda, Tanzania, South Africa and Liberia. VIA implements its own development programs in the areas of food security, education, international exchange, and HIV/AIDS, while also providing volunteer programs for those looking for a long-term international experience in developing countries.

Volunteers for Peace, Inc (VFP) ($)  
www.vfp.org

VFP is an international volunteer work camp organization that has been organizing programs worldwide since 1981. The program’s aim is to promote citizen diplomacy by maximizing personal contact with local people.

Volunteers in Asia, Inc. ($/Paid)  
www.viaprograms.org


Private, non-profit, non-sectarian organization dedicated to increasing understanding between the United States and Asia. Offers volunteer/service opportunities; fellowships also available.

World Relief ($)  
www.worldrelief.org

World Relief offers 1-2 year assignments through its Open Hands program in Africa, Latin America, and the Pacific. Volunteers must be Christian and active in a local church. A college degree and/or language skills are required.
Couples with dependents are sometimes accepted. Expenses are not always covered. In some cases volunteers are responsible for travel and part of their living expenses.

**World Teach ($)**  
www.worldteach.org

WorldTeach is a non-profit, non-governmental organization that provides opportunities for individuals to make a meaningful contribution to international education by living and working as volunteer teachers in developing countries.

**World-Wide Opportunities on Organic Farms (WWOOF) (Unpaid)**  
www.wwoof.org

Join a WWOOF organization in your country of interest and access host farms that welcome volunteer help.

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**Volunteer/Work**

**Domestic/International**

**BackDoorJobs.com** (Paid)  
www.backdoorjobs.com

Opportunities for short-term "Job Adventures" - work, travel, play, live, learn, help, create, experience and grow.

**BUNAC** (Unpaid/Paid)  
www.bunac.org

BUNAC offers a range of work abroad, volunteer abroad, and teaching overseas programs to destinations such as Canada, Australia, New Zealand, Cambodia, South Africa, Ghana, China, and Peru. BUNAC offers a range of working holidays including a summer camp counseling program in the USA and Canada, flexible work and travel programs to Canada, the USA, Australia, New Zealand, Britain and South Africa and volunteering/teaching placements. These are open to 18 year olds and over in the UK, the USA and Ireland. Programs last from five weeks to two years.

**Delaying the Real World** (Paid)  
www.delayingtherealworld.com/intro.html

Gap Year adventures - work, travel.

**Kaya ($)**  
http://www.kayavolunteer.com/

Volunteer and Gap Year opportunities throughout the world.

**Restless Development** (Unpaid/Paid)  
http://www.restlessdevelopment.org/

The mission of Restless Development (formerly Student Partnerships Worldwide) is to place young people at the forefront of change and development. Restless Development works full-time in India, Nepal, Sierra Leone, South Africa, Tanzania, Uganda, Zambia and Zimbabwe. With international offices in London and Delhi, Restless Development is now leading efforts with UN agencies, bi-lateral agencies, civil society and governments in Africa and South Asia in how to effectively and meaningfully engage young people in development. Employment and volunteering opportunities.
The Gap Year ($/Paid)
www.gapyear.com/

Resource geared towards backpacking, traveling, working, and volunteering abroad. Lots of travel advice and travel deals.

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Work

Domestic (Work)

Department of Veterans Affairs (Paid)
www.va.gov

The VA’s goal is to provide excellence to the over 25 million veterans currently alive in patient care, veterans' benefits, and customer satisfaction. There are numerous opportunities to volunteer or be employed with the Department of Veterans Affairs in the health care setting or in other settings relating to the care of our country's veterans.

Greater Flint Health Coalition Project Manager Positions (Paid)
www.gfhc.org

Greater Flint Health Coalition is a non-profit coalition comprised of providers of health care, insurers, purchasers, government, labor, and consumers. GFHC’s mission is to improve the health status of the residents of Genesee County, and improve the efficiency and effectiveness of the healthcare delivery system in Genesee County, Michigan.

HealthCorps (Paid)
www.healthcorps.net

HealthCorps, a ground breaking health education program, founded and developed by heart surgeon and best selling author Mehmet Oz, is seeking dynamic, proactive, and engaging individuals to teach its school curriculum and coordinate community health education events. Coordinators will be a part of a national initiative launched in response to a drastic decline in the health of our nation. Based upon a "Peace Corps" model of employment, Coordinators serve a maximum of one to two years in a designated school. The mission of HealthCorps is to increase individual awareness and to create a generation of self empowered individuals today, for a healthier America tomorrow.

Inner City Teaching Corps of Chicago (Paid)
http://www.alainlocke.org/programs/ictc/inner-city-teaching-corps-ictc

Two-year teaching program that places recent college graduates as teachers in inner-city Chicago classrooms.

Match Corps (Paid)
http://matcheducation.org/match-corps

One year urban education fellowship in Boston. Corps members are typically matched with two students, tutoring them and providing support to master AP coursework. Corps members also serve as teaching assistants providing additional academic support in particular subject areas and providing unique out-of-school activities for students.
Planned Parenthood Clinic Assistant (Paid)
http://plannedparenthoodext.hire.com/index.html

Job descriptions of Planned Parenthood Clinic Assistants vary depending on location, but generally the position involves clerical duties, basic patient care, or both.

Teach for America (Paid)
www.teachforamerica.org

Teach For America is the national corps of outstanding recent college graduates and professionals of all academic majors and career interests who commit two years to teach in urban and rural public schools and become leaders in the effort to expand educational opportunity. Teach For America aims to end educational inequity. TFA corps members serve in high-need schools for two-year commitments. Outstanding and diverse recent college graduates of all academic majors commit two years to teach in urban and rural public schools.

International (Work)

Cultural Vistas (Unpaid/Paid)
www.culturalvistas.org

StudentServices International (SSI) is a 9-month fellowship program that places recent graduates in project-based internships at the Studentenwerke, the German university student services organizations. Three program seminars throughout Germany provide an opportunity for participants to learn about European higher education policy and compare best practices with peers from six countries. Now in its third program year, SSI is the perfect international career builder for recent graduates with an interest in social policy or higher education.

Japan Exchange and Teaching Program (JET) (Paid)
http://www.jetprogramme.org/

The Japan Exchange and Teaching QET) Program invites university graduates from overseas to participate in international exchange and foreign language education throughout Japan. The program offers university graduates the opportunity to serve in local government organizations as well as public and private primary, junior high and senior high schools.