

# PRAXIS CENTER INTERNSHIP LIST

**Listed Categories:** Children, Differently Abled, Healthcare, Women, Immigrants, LGBTQ, Business, Government/Politics, Environment. NOTE: Some organizations are listed in more than one category

## EDUCATION

### **Fundación Parque Libertad**

LOCATION: Desamparados

Parque Libertad is a vocational enrichment program located in a low-income neighborhood. Past interns have assisted with classes in digital media, computers, and coding.

### **Centro Educativo “Ruben Dario”**

This is the public elementary school in Santa Rosa, Santo Domingo de Heredia. Past interns have observed classes, assisted with English instruction, and generally formed part of the team together with the full-time teachers.

### **Colegio Técnico Profesional Santa Rosa**

This is a technical high school right in the neighborhood of the Praxis Center, where students may do an extra year of high school and end up with a first-level degree in careers such as graphic design, English for Call Centers, computer programming, etc. Past interns have assisted the English teachers.

### **Centro Educativo Nuestra Señora de Lourdes**

This is a small private school in Santa Rosa. Past students have assisted with English and computer instruction as well as with the school psychologist in an anti-bullying campaign.

### **Liceo de Santo Domingo**

A public academic junior high/high school in Santo Domingo, about a 20-minute walk from the Praxis Center. It has International Baccalaureate courses, similar to Advanced Placement.

## **Blue Valley School**

LOCATION: San Rafael de Escazu. An hour bus ride from Santa Rosa

This is a private school that teaches most subjects in English. They also have International Baccalaureate. A student did his student teaching here for an entire semester in 2018.

## **Asociación Casa Adobe – English, Math, or Music tutoring program**

This could be a supplement to a student's hours, but not the entire internship. It would involve teaching English, Math, or Music to teens or adults 2-5 hours per week in the Santa Rosa neighborhood.

## **Soccer Programa – Asociación Deportivo de Santa Rosa**

This is a youth soccer program in Santa Rosa de Santo Domingo de Heredia.

## **Escuela 15 de Setiembre, Hatillos**

This is a public primary school in a low-income community with a great social worker who runs all kinds of programs to assist low-income children and families.

## **Instituto Hellen Keller**

LOCATION: Desamparados, south of San José.

This is a school for visually impaired youth and adults. It assists students to complete their high school degrees with a variety of mechanisms, including special computer programs. Also includes some art/arts and crafts work.

## **Centro Educativo “La Pitahaya”**

LOCATION: Sabana Norte, San Jose

This is a school for children and youth with physical and developmental disabilities. Most are in wheelchairs. Past interns have worked with physical therapists and also maintain and adjust wheelchairs. Some students have also accompanied teachers to visit students in their homes to assess the kinds of physical and social barriers they face in their own communities.

## **Centro Cívico Para La Paz**

LOCATION: Guararí, Heredia

This is a government-funded enrichment program in a low-income neighborhood, providing many different programs, including tutoring in math and English, sports, music, and art classes.

## SOCIAL WORK, SOCIAL SERVICES

### **Fundación Humanitaria**

LOCATION: La Carpio, La Uruca, about a 40-minute bus ride from the Praxis office.

This is a foundation that has a variety of programs in a low-income immigrant community; including attention to Nicaraguan refugees trying to rebuild their lives in Costa Rica, a women's group, an early childcare center, and an afterschool program for children and youth. Past students have assisted refugees to tell their stories through written and video resources, and have also tutored kids in English, math, and reading skills, as well as helping out with other general tasks like updating social media, grant writing, and contact with donors.

### **SIFAIS La Carpio**

This is a music and arts enrichment program in a very low-income immigrant community, which was started by a Costa Rican woman who has her own communications/public relations company, EUREKA COMUNICATIONS (see below, under BUSINESS SECTION) It may be possible to intern with the company as well as with the art school, which normally runs only on weekends.

### **Cristo para la Ciudad, La Carpio**

LOCATION: La Carpio, about 45 minutes from Santa Rosa by bus.

This is an evangelical church that has several children's programs in La Carpio. The work would include teaching bible stories, playing sports, and doing crafts and games.

### **RET (Refugees)**

LOCATION: Downtown San José, about a 40-minute bus ride.

This program helps refugees with a variety of issues, including legal aid, economic development, psychological treatment, etc. Previous interns have taught English to refugees as well as helped with general office (secretarial) work.

### **OFICINA DE LA MUJER, HEREDIA**

LOCATION: Center of Heredia, about a 15-minute train or bus ride from the Praxis Center.

The Oficina de la Mujer (OFIM) in Heredia, Costa Rica is a municipal authority that serves as a mechanism at the local level to establish actions and programs for the promotion, defense, and fulfillment of the rights of women in a holistic and permanent way. The OFIM has various areas of work including primary attention to interfamily violence and local community development. The area of community development has a program for developing and supporting women entrepreneurs and businesses, including classes, support groups, and a micro business fair. The area of attention to interfamily violence includes providing individual appointments with a psychologist and caseworker for women who are living in situations of domestic violence, a women's support group, community training about interfamily violence, and a program entitled "Constructing New Masculinities" for men. Past interns have observed and assisted with office duties, observed the individual attention that women receive when they come to the office, and participate in workshops on topics such as sex trafficking, response to interfamily violence, self-esteem, child support laws, and cultural myths surrounding motherhood. Students interested in justice, psychology, women's studies, men's studies, adult education, health education, business, and community development would all find something here related to their major.

## **Voz de Libertad**

LOCATION: Guadalupe, San Jose

This is a faith-based organization that works with incarcerated people and their families. The organization holds classes on such topics as self-esteem and discerning one's vocation.

## **PROGRAMS WITH DIFFERENTLY-ABLED PEOPLE**

### **Escuela Centeno Guell**

LOCATION: 150 mts este del cementerio de Guadalupe. About a 40-minute bus ride from the Praxis Center.

This is a public school for children with disabilities of many kinds. The internship works well if a student is placed with a particular teacher with a group of students (e.g., hearing impaired, visually impaired, Downs' Syndrome) that is of interest to the student intern. If the student intern has particular talents/knowledge (e.g., one used music and movement therapy; one used photography with hearing impaired children; one used artistic talents and imagination with visually impaired children, another knew sign language and worked in a hearing-impaired classroom), there is generally opportunity—with planning ahead—for students to introduce a small initiative/project.

Two students should probably be the maximum placed here. Students have had quite good experiences but must have the initiative to be really successful in this setting.

## **CAIPAD Heredia**

This is a day program and school for children and adolescents with Downs Syndrome and other developmental disabilities.

## **Centro Educativo “La Pitahaya”**

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## **CLINICAL MEDICINE, OLDER ADULTS, PUBLIC HEALTH, ADDICTIONS/PSYCHOLOGY, PHYSICAL THERAPY, VETERINARY MEDICINE**

## **Hogar de Esperanza**

LOCATION: Paso Ancho, about an hour train and bus ride from Santa Rosa.

This is a group living home for people who have been diagnosed with HIV infection and may not have anywhere else to go because they have been rejected by their families and neighborhoods. The ultimate goal is to reintegrate them back into their communities. The residents may or may not have full-blown AIDS. Many of the residents are also dealing with addictions. Most identify as male. Some are transvestites, a few are heterosexual. Past interns have assisted with odd jobs, with accompanying residents to their medical appointments and generally listening to their stories. There is also an opportunity to work directly with the center's nurse, assisting in distributing medications and monitoring residents' overall health.

The center may also be open to someone assisting with their website and social media presence. Also, past students interested in ministry have been asked to lead bible studies and assist with pastoral care.

## **Consultorios Privados – Curridabat & Santo Domingo**

These are several small clinics with private physicians. Students observe primary care physicians and are able to ask questions about different diagnoses as well as take vital signs. A high level of Spanish is preferred.

## **Clinica Cristiana**

LOCATION: La Carpio, La Uruca

This is a clinic run by a faith-based organization that serves primarily undocumented people. Students with an advanced level of Spanish have assisted in taking vital signs and organization of the pharmacy, under the supervision of Costa Rican healthcare professionals.

## **EBAIS La Carpio, EBAIS Heredia, EBAIS San Francisco**

EBAIS stands for “*Equipo Básico de Atención Integral en Salud*” (Basic Team for Wholistic Attention in Health) and it is a small government primary health center. These health centers are part of a cooperative and have been very welcoming. Students primarily accompany the ATAPs (community health promoters) to homes daily to do checkups on people with chronic illnesses and do health education and disease prevention. A good place to practice taking vital signs and learn about the Costa Rican healthcare system from the group up! Occasionally students are also able to spend a couple of days observing in the clinics—shadowing a physician, nurse, social worker, or nutritionist.

## **Residencia Geriatrica “Camino Dorado”**

This is a privately-run assisted living center for the elderly. The “*ciudadanos de oro*”. Some of the residents have Alzheimer’s or Parkinson’s or some type of dementia. Two are bedridden. A few are completely lucid and simply don’t have a family with whom they can live. It’s a good place to learn about older adult issues. Students are allowed to assist the staff in feeding and distributing meds, and they can practice a lot of Spanish talking to the residents and staff.

## **Hogar de Ancianos San Pablo de Heredia**

This is an assisted living center for older adults located one short bus ride from Santa Rosa. The residents live there full-time. There is a nurse who is very willing to teach students about the care of older adults. Previous students assisted the nurse with a variety of her daily tasks.

## **Clinica Integrada de Tibas**

LOCATION: San Juan de Tibás. South side of the stadium Saprissa, about a half an hour bus ride from the Praxis Center.

A large secondary level multispecialty clinic with many community-based projects; run as a cooperative. Students have rotated weekly to different departments including primary care; prevention/education (with visits to schools and community groups and programs within the clinic); wound care, emergency room, minor surgery, and the pharmacy and laboratory. The more active the students are in outreach/exercise with seniors/schools, etc. the more they can understand Costa Rica’s admirable work in health promotion and disease prevention.

Students must show a high intermediate level of Spanish in order to do this internship.

### **Consultorio Maria Auxiliadora**

LOCATION: In downtown San José, about a 40-minute bus or train ride from the Praxis Center.

A non-profit, non-governmental clinic serving primarily Nicaraguan immigrants, staffed by volunteer physicians. The clinic operates quite early in the morning and students primarily observe and interact with various physicians and patients. The clinic concludes each day at about 10:00 or 10:30 am. After the clinic concludes, students need to complete the required hours by volunteering with the organization's childcare center, which allows low-income mothers to work. An enterprising bilingual student could conduct a small research project based on interviews with the patients, discussing common health problems, issues in getting care, immigration status, and how it affects access to healthcare, etc. Students with good Spanish skills have been able to learn a great deal through observation and interaction with physicians and patients. In the past, Maria Auxiliadora Clinic took up to 2 interns; Advanced Spanish speakers are preferred.

This childcare center was founded by a group of Roman Catholic nuns to provide low-income single mothers a safe place to leave their children when they need to work or while they are attending the many vocational courses offered by the same institution. Past interns have been involved in feeding the smaller children and playing with the kids.

### **Clinica Veterinaria Santo Domingo**

LOCATION: About a 15-minute bus ride from the Praxis Center.

This is a small private veterinary clinic that mainly works with cats and dogs. Minor surgeries are done on Tuesdays and Thursdays. The environment is very friendly and warm. Possible volunteer responsibilities: The senior veterinarian and assisting staff require volunteers who care about animals; help with daily activities and routines such as medical procedures and standard check-ups; and, wash cages and animals.

### **Clinica Odontológica Integral "Sonrisas" Heredia**

LOCATION: Heredia, about a 15-minute bus or train ride from the Praxis Center.

This is a small private dental clinic. Students may shadow procedures, help to sterilize instruments, and generally assist with all the work of the clinic.

## RELIGIOUS GROUPS

### **Cristo para la Ciudad, La Carpio**

LOCATION: La Carpio, about 45 minutes from Santa Rosa by bus.

This is an evangelical church that has several children's programs in La Carpio. The work would include teaching bible stories, playing sports, and leading crafts and games.

### **Hogar de Esperanza**

LOCATION: Paso Ancho, about an hour train and bus ride from Santa Rosa.

This is a group living home for people who have been diagnosed with HIV infection and may not have anywhere else to go because they have been rejected by their families and neighborhoods. The ultimate goal is to reintegrate them back into their communities. The residents may or may not have full-blown AIDS. Some of the residents are also dealing with addictions. Most are men. Some are transvestites, a few are heterosexual. Past interns have assisted with odd jobs, with accompanying residents to their medical appointments and generally listening to their stories. Students with a background in theology have been asked to lead bible studies. There is also an opportunity to work directly with the center's nurse, assisting in distributing medications and monitoring residents' overall health.

### **Fundación Rahab**

LOCATION: San Jose, about a 45-minute bus ride from Santa Rosa

This is a Christian organization that seeks to provide services to help women leave prostitution. It provides economic development as well as spiritual formation and classes in such things as self-esteem

## LGBTQ CONCERNS

### **Centro Nacional de Juventudes**

LOCATION: San Pedro, about a 40-minute train or bus ride from the Praxis center.

The Centro Nacional Para Juventudes (CNJ) defines itself as: "a new option of education for GLBTQI youth through fun and entertainment." It offers information about HIV and sexually transmitted infections, sexuality, addictions, sexual orientation, and human rights, among other topics. This center is only open 2 pm-8 pm Monday through Saturday, so the intern would have to conform to this schedule. It is for youth from ages 14-20. Usually, anywhere from 4-10 youth stop by the CNJ to just hang out: do homework, practice guitar, play pool or card games, listen to music, drink coffee, talk, etc. On Friday and Saturday nights, there is often an LGBTQI movie

shown. Past interns have spent time getting to know the director and the youth, they have participated in workshops and have been able to present workshops on topics of interest to the group. Past discussion topics have included HIV/AIDS, condoms and safer sex practices, LGBTQI bullying and discrimination, Queer Theology, and Intersex realities.

## **Hogar de Esperanza (See the previous description, in Religious groups)**

## **BUSINESS, MARKETING, COMMUNICATIONS:**

### **CINDE**

LOCATION: Santa Ana, about an 80-minute bus ride from Santa Rosa.

This is a private organization originally started by USAID and is dedicated to attracting foreign investment to Costa Rica. The organization assists companies in figuring out all the laws and requirements for doing business in CR. Past students have done research (in Spanish and English) on different companies and industries that might be interested in investing in Costa Rica.

### **Fundación Mujer**

LOCATION. Guadalupe is about a 40-minute bus or train ride from the Praxis office.

Fundación Mujer was founded in 1998 and is an organization that specializes in training in entrepreneurship for women who want to develop their productive activities and empower themselves in a holistic and self-sustaining way in financial services and other areas. It has microcredit programs and training in business skills for women as well as men. In recent years it has been working with a lot of refugees from Venezuela, El Salvador, Honduras, Colombia, and Nicaragua. Past interns have accompanied the staff to support groups of small business owners, been involved in training and the details of microcredit, and done general office work for updating the database of clients. There may also be opportunities to attend job fairs.

### **Eureka Comunicaciones**

LOCATION: La Sabana, about a 75-minute bus ride from Santa Rosa

This is a communications company that offers website design and digital media management to its clients. Past students have done graphic design, translation or correction of documents in English, and videotaping of spots to include in clients' websites. It's a relaxed office atmosphere, a good place to practice Spanish. The majority of the staff are young adults.

## Fundación Rahab

This is a Christian organization that seeks to provide services to help women leave prostitution. It provides economic development as well as spiritual formation and classes in such things as self-esteem

## World Vision – Costa Rica section

International Christian organization whose mission is to work with economically disadvantaged communities, for human transformation.

Possible activities: visiting beneficiary communities, communications with donors, involvement in small business training

## Women´s Office, Municipality of Heredia

The Oficina de la Mujer (OFIM) in Heredia, Costa Rica is a municipal authority that serves as a mechanism at the local level to establish actions and programs for the promotion, defense, and fulfillment of the rights of women in a holistic and permanent way. It is an institutional mechanism that, as a part of the city government, contributes to the enforcement of local public laws favorable to the rights of women and citizens. The OFIM has various areas of work including primary attention to interfamily violence and local community development. Since it is often difficult for women to leave a violent relationship if they are economically dependent on their partner, **the area of community development has a program for developing and supporting women entrepreneurs and businesses, including classes, support groups, and a micro business fair.**

## Habitat for Humanity

Habitat for Humanity promotes a suitable house and safe possession in Latin America. Under the conviction that a suitable house is a key to breaking the circle of poverty, Habitat for Humanity develops programs in public policy in Latin America and the Caribbean. Through efforts to assure access to a suitable house, the possession of the ground, and the rights of property, particularly for vulnerable women and groups, Habitat for Humanity is looking to fulfill its vision of a world where all people have a suitable place where to live.

Students may be involved in communications with partners and donors, finance, team building, and attention to visiting groups.

## Travel Agency

The student would be involved in various aspects of the travel business, depending on individual skills and interests. Marketing, business plans, and finance are all areas that may be available.

## **Medium-sized hotel**

The student could be involved in various aspects of the hotel business, from attention to guests, to marketing, team building, quality control, and finance.

## **ENVIRONMENTAL CONCERNS, ANIMAL RESCUE CENTERS**

### **Longo Mai**

LOCATION: Perez Zeledón, about 4 hours southeast of San José.

This is a rural community populated primarily by Salvadorans who came to Costa Rica as refugees fleeing from the civil war in the 1980s. Past interns have been involved with the work of families involved in organic agriculture, with an environmental organization, and with the local school, tutoring in math and English. Students often greatly enjoy the rural setting and the opportunity to learn about sustainability on a very grassroots level. An enterprising student skilled in video editing could perhaps do a special project interviewing some of the older residents in the community about their experiences during the war and their general outlook on life and advice to young people. An added plus is that the community often hosts young adult interns from several European countries, so there is a chance to interact with them as well.

### **Finca Didactica Integral Loroco**

LOCATION: BriBri, Talamanca, Limón about 4 hours northeast of San José.

This is a working organic farm primarily run by women of indigenous BriBri heritage. The intern could be involved in planting, harvesting, processing products, saving seeds, making chocolate, and preparing items for sale at the weekly farmer's market in Puerto Viejo, Limón. The staff of Finca Loroco also gives workshops from time to time on organic agriculture and BriBri culture and customs for local universities. One past intern skilled in digital media assisted with marketing the farm's products and its social media presence.

### **Equipo Verde, Universidad Biblica Latinoamericana**

LOCATION: Cedros, San Pedro

This is an urban community gardening project sponsored by a faith-based university. Students could live at the university with other Latin American and European students.

### **Wild Animal Rescue Center**

This is a center that receives exotic animals that have been injured or who have been rescued for the illegal pet trade. They care for the animals and try to prepare them to return to the wild.

Previous interns have been invited to share in all of the daily tasks involved in caring for animals. After doing this internship, one previous student got a job at the zoo of a major city.

## GOVERNMENT, POLITICS, LAW

### **Municipality of Santo Domingo**

LOCATION: A 15-20 minute walk from Santa Rosa

This is the city hall of Santo Domingo. There is an environmental office, a woman's office, a patent and permits office, a city archive office, and more. Previous students have assisted in improving systems for filing documents at the archive office. There could be other opportunities for interns to serve in other departments, including the environmental office, the women's office, and the public works office.

### **GLC ABOGADOS**

Telephone: 2524-3176

LOCATION: Los Yoses, on the east side of San Jose. About a 45-minute train and bus ride.

This is a full-service law office that handles commercial, family, immigration, penal and other areas of legal representation and has a specialty in serving English-speaking clients. It has 12 staff members, 5 of whom are lawyers and the rest are paralegals and secretaries. The staff is mostly women. Past students have assisted with the translation of legal documents from Spanish to English, and have also accompanied the lawyers to the FBI of Costa Rica and to collect signatures and take depositions. A good place to learn a lot of legal vocabulary.

### **ILANUD - United Nations Latin American Institute for the Prevention of Crime and Treatment of Offenders**

LOCATION: Downtown San José, about a 15-minute train ride from the Praxis office.

ILANUD's foundational charter states "The main objective of the institute is to collaborate with the governments in the balanced economic and social development of the Latin America countries, through the formulation and incorporation into national development plans, of adequate policies and action instruments in the field of crime prevention and criminal justice." Areas of work where students have been involved include human trafficking and improvement of conditions in the prison system.

## METEOROLOGY, NUCLEAR PHYSICS

### **Instituto Nacional de Meteorología (National Weather Institute)**

LOCATION: Downtown San José

This is the government institute in charge of monitoring, predicting, and reporting on all weather-related activities in Costa Rica. Past interns have been invited to share many aspects of the team's work.

### **Laboratorio de Plasma, Instituto Tecnológico de Costa Rica**

LOCATION: Cartago

This is a very high-level nuclear plasma research institution, housed within the premiere public technological university. Currently, they are researching many civilian uses for nuclear plasma, including for disinfecting surfaces.