

Community Development Internships – Nutrition and Hygiene Education with CRACYP for Progreso Verde (“Green Progress”)



2012

Introduction

This document should be read in conjunction with the Internship Information Pack available at www.progresoverde.org/internship.html

CRACYP works in rural communities in the Cotopaxi, Bolivar, and Los Rios provinces of Ecuador, and nutrition and hygiene education are a high priority for the organization in this area. Due to cultural practices and lack of education, malnutrition is a common problem in rural communities. Most people eat meals consisting of mainly starch in at least one form (often three or four) and a small amount of fatty, fried meat; their meals tend to be heavy on simple carbohydrates and fat but low in protein, complex carbohydrates and vitamins. Additionally, hygiene education is lacking in the region leading to preventable health problems. This is particularly true of dental hygiene, which is immediately noticeable in that even small children often have broken and rotting teeth.

Objectives

We need interns with experience in nutrition and/or hygiene education to design and implement relevant programs in communities where CRACYP works. This may include, but is not limited to, the development and piloting of training programs through community workshops, farm visits, school lessons, or afterschool programs for both adults and children.

Several nutrition lessons for children have already been developed: some have been successfully tested in the village of Jilimbi, while others have yet to be implemented; interns may work on presenting these in new communities or may create additional presentations to add to the portfolio, possibly focusing on adults. No hygiene lessons or workshops have been developed yet, so interns could work on creating and implementing a suitable program in the communities.

In particular, lessons and workshops should focus on training and educating mothers, since they generally control the nutrition and hygiene of their families. Pregnant women and mothers of young children are particularly important to target, since studies show that good nutrition is most vital for children from the neo-natal stage – 5 years of age.

Location

You will be based in the picturesque little village of Jilimbi in Bolivar Province, close to the border with Cotopaxi Province. The nearest town you might find on a map is Moraspungo, about an hour's journey up into the mountains from the main road between Quevedo and Ventanas. You will work in various communities with a CRACYP presence near the border between the Bolivar and Cotopaxi provinces.

Requirements

Nutrition and health education interns will need to either be fairly independent or else have access to advice by email from their university or other sources (e.g. health organization), if needed. CRACYP's Volunteer Coordinator has some experience with health and nutrition education, and she will be available for support via translation if needed. Spanish language skills are very important. Interns should also be fit enough to walk between communities as local transport is limited or non-existent in much of the area.

This post could also be available as a volunteer opportunity rather than an internship, for those not requiring to use the experience as part of their studies – download the Volunteer Information Pack from www.progresoverde.org/volunteer_ecuador.html in this case.

How to Apply

Read the Internship Information Pack or Volunteer Information Pack for details of how to apply.

