



Remote Internship

Program Guide

Think Pacific 2021 ©

Think Pacific Foundation Think Pacific Foundation, 35 Gorrie Street, Suva, Fiji Islands, FJ989.

Think Pacific Ltd 05990751 & Think Pacific Foundation (England and Wales) 1162190, 15 Queen Square Leeds, LS2 8AJ.

About Think Pacific...

Meaningful Student Programs in the Fiji Islands - In Partnership with Fijian Government

Think Pacific is a registered Fijian charity & UK social enterprise, which works in partnership with Fijian Government and organisations to support sustainable development, whilst allowing students to have self-developing and rewarding experiences.

- Established in 2009, at the University of Leeds, UK.
- Offices in Suva, Fiji & Leeds, England.
- MOU agreements and long term partnerships with Fijian Government Ministries
- All programs support the Fiji National Development Plan & UN Sustainable Development Goals.
- Partnered with 80+ Fijian organisations.
- Partnered with 90+ educational institutions globally.
- Formal partnerships with University of the South Pacific and Fiji National University.
- 1000+ remote internship participants since program creation in 2020.
- Over \$8m (FJ) invested into the Fiji Islands.

A Global Impact, with a Local Approach

Remote Internships In the Fiji Islands...

Our [Remote Internship](#) gives students the opportunity to tackle international development issues and achieve real outcomes for our partners in Fiji, whilst developing skills, experience and boosting employability.

All students need is a computer, phone and internet connection. We'll then connect them with real life projects supporting communities in the Fiji islands. As well as providing insightful mentoring, coaching and support to help them contribute to global issues and develop new skills.

[Watch Our Remote Internship Video](#)

Program at a Glance...

- Unique work experience for Fijian Ministries, NGO's, social enterprises or local charities.
- Contribute to the Fiji National Development Plan and UN Sustainable Development Goals.
- Increase employability, global citizenship & cultural IQ.
- Choose from 10 career fields & support local impact in Fiji.
- Complete our Sustainable Dev, Fijian Culture & Global Leadership learning modules.
- Gain unique global references for CV, Linkedin & job applications.
- Connect with socially conscious students & professionals.
- Learn from leaders, experts, Government advisors & Fijian academics.
- 4-week, 8-week, 12-week or 16-week program to suit student flexibility.
- 50% of the fee supports our foundation in Fiji.

Why Intern Remotely?

8 Reasons to Join our Unique Program

- 1. Global Experience**
Gain unique international work experience.
- 2. Real 'Action Projects'**
Create work that tackles real problems for a Fijian organisation.
- 3. Cultural IQ**
Increase cultural fluency, vital in today's diverse workplace.
- 4. Exclusive Partners**
Work on behalf of exclusive program partners in Fiji.
- 5. Personal Mentoring**
Gain feedback, coaching and support from our expert team.
- 6. Contribution**
Make an impact on the UN Sustainable Goals & [Fiji National Development Plan](#).
- 7. Employability**
Develop remote and global workplace skills.
- 8. Global Citizenship**
Build a global network and develop new perspectives.

How Does it Work?

The 5 'D' Internship Journey

We have curated our remote internship to align with our attitudes towards international sustainable development, which means our interns must adopt a learning mindset and seek to understand Fiji, before beginning to contribute and dive into their work.

1. Discovery

Learn about Fijian culture, it's history and it's amazing people. Also, learn about key development directives that guide Think Pacific's aims, such as the UN SDGs & the Fiji National Development Plan.

2. Discussion

Engage in discussion with peers, mentors, facilitators and local experts, to deepen your learning.

3. Decide

Explore all the available partner organisations and action projects, then with support from a personal mentor, decide which piece of work to tackle.

4. Design

Create an action project, a tangible piece of work which one of our partners has requested to be completed. This might mean creating a report, conducting research, or designing a campaign.

5. Deliver

Delivering the action project to a partner organisation means sending the documents and submitting a short online presentation, providing an overview of work completed.

Key Program Components... Of Our Unique Internship Experience

- **Global Learning Modules**
= Via the TP portal
- **Project-Based Work**
= Real-world projects for exclusive partners
- **Live Workshops**
= Daily sessions in Fiji & the UK
- **Coaching & Mentoring**
= From our expert team
- **Unique Community**
= Professional network of 'Impact-Focused' experts & students

Who is a TP Virtual Internship For? We've designed this program for those who want to gain valuable internship experience to enhance their skills, gain knowledge, improve their CV and create global connections, whilst making a positive impact in the world.

Interns don't need any prior experience to join the programme. However, they do need a thirst for experiencing a chosen field in a global context, alongside a real passion, energy and enthusiasm to help our Fijian partners achieve their development aims.

What is The Average Week?

Weekly Itinerary of Sessions Hosted in Fiji & the UK

Alongside autonomous learning, project work and online community interaction, students can attend at least one live session per day (if they choose to). Here's an example of the daily live sessions:

- Monday - Weekly Briefing
- Tuesday - Mentoring Workshops
- Weds - Virtual Campfires + live Q&A
- Thursday - Sector specific workshops
- Friday - Fijian Culture Workshop

What if an intern misses a session?

ALL sessions are recorded & posted into Slack (online communication platform).

What's Included in our Remote Internship?

Here's an Overview...

Gain global experience, whilst making an impact through our carefully designed program that includes...

1. Short-Courses

2. Mentoring

3. Action Projects

4. Live Workshops

5. Speaker Series

6. Community

7. Global Employability Hub

8. Endorsement

What's Included in our Remote Internship? In More Detail...

1. Short-Courses

Complete our Global Skills Programme and sector specific modules, to develop essential skills and learn about the truly fascinating Fiji Islands. These short-courses are the foundations of success within the program and create the perfect platform for students to complete the best action project possible:

Global Skills Programme: Complete our global competencies course, which includes micro-credentials in:

- a) **Cultural IQ:** Delve into the fascinating Fijian Culture.
- b) **Sustainable Development:** Learn the UN SDG's & the Fiji National Development Plan.
- c) **Global Leadership:** Developing thought leaders by introducing a global approach to leadership.

Sector Specific Modules: After completing the Global Skills Programme, students then access content that is specific to their internship field. Learn about the challenges and the opportunities within that sector, and the specific areas of development highlighted by the Fijian government.

2. Mentoring

Our expert team of mentors in Fiji, and in the UK, are there to guide interns every step of the way. Whether that be through 1-1 mentoring, workshops, drop-in Q&A sessions or via email.

Personal Mentors: Interns are assigned a personal mentor and expected to arrange a minimum of three sessions to ensure they are always on track and achieving their goals.

Cultural Mentors: Interns are assigned a cultural mentor in Fiji and are given the opportunity to attend workshops when they wish too.

3. Action Projects

Action projects are submitted to Think Pacific by our partners, their purpose is to add value and help organisations solve problems. The bigger picture goal is to help Fiji transform its future through the implementation of the Fiji National Development Plan and the UN Sustainable Development Goals. Students will complete an action project for a chosen Fijian organisation, alongside mentoring and coaching.

4. Live Workshops

The Think Pacific team in Fiji and the UK host daily live sessions to support action project creation, learning and the global internship experience. Sessions include: Group Briefings, Culture Cafe's, Q&A Sessions, Virtual Campfires, Virtual Offices & Skills Series, plus more.

5. Speaker Series

Interns can attend Think Pacific's weekly live events with alumni, academics, experts, government officials and business leaders in the South Pacific, exploring a range of topics that will expand knowledge and enhance global perspectives.

6. Community

Gain access to our network of global interns and professionals to expand connections, make new relationships and increase global citizenship.

7. Global Employability Hub

Gain exclusive access to our 'Think Ahead' platform, which provides employability learning, networking and global graduate opportunities, to help prepare and provide opportunities within the content of a global workforce.

8. Endorsement

Receive endorsement for work via LinkedIn, job references and completion certificate.

Remote Internship Sectors...

Choose From 10 Fields

Students can support a Fijian organisation across one of the following sectors:

- **Engineering**

Ideal for those looking to tackle Fiji's challenges and come up with innovative designs and solutions for how rural areas can meet their basic needs. From designing prototypes for sustainable housing, through to creating models for how vulnerable villages can be relocated, there is plenty to learn and get involved with. This internship gives a fantastic insight into engineering as a career field and provides a great opportunity to be able to develop, showcase and implement skills and talents.

- **Environment & Conservation**

Ideal for those studying science, geography or just interested in conservation. In this internship, you can help to tackle the global warming crisis and other environmental challenges specific to Fiji. Some examples of action projects are; designing a conservation project of your own from carbon offsetting to coral farming or supporting conservation education for children by creating engaging awareness resources for remote schools in Fiji.

- **Global Health**

Ideal for Health or Medical students who want to gain experience. In this internship, you will help Fiji's rural communities tackle some major public health issues that exist across the whole of the South Pacific. For example, create a Non-Communicable Disease campaign that promotes awareness of how to prevent diabetes and heart disease through healthy lifestyle choices and submit your project to the Ministry of Health. Prevention is easier than cure!

- **Business & Enterprise**

Ideal for Business students who want to contribute to real-life enterprises on an international scale. In this internship, you will learn from founders and entrepreneurs as they share their knowledge and you will tackle problems that support our partners to achieve their strategic goals. Projects range from business strategy, to market research to product development.

- **Global Psychology**

Ideal for those Psychology students or those interested in mental health. On this internship, you will support the Fijian Ministry of Health and grass roots NGO's in Fiji to break the stigma about mental health in rural communities and promote positive messages in Fiji. For example, create an online campaign or physical resources that can be used to promote awareness on behalf of one of our partners, Youth Champs For Mental Health.

- **NGO Management**

Ideal for those interested in non-for profit (NGO) management. In this internship, you can gain in-depth knowledge of monitoring the effectiveness of charitable initiatives, creating new projects, researching grants, increasing donors or creating fundraising resources to submit to a Fijian NGO board of trustees. Create an impact report or expand programmes for Think Pacific Foundation or for one of our Fijian NGO partners.

- **International Development**

Ideal for those studying international development, geography or interested in sustainable development. On this internship, you will support the Ministry of Youth to promote community development programs that aid the achievement of global and national goals, taken from the UN's Sustainable Goals & the Fiji National Development Plan. For example, create a campaign that promotes Women's Empowerment in rural Fijian villages.

- **Sport Development**

Ideal for those interested in sports coaching, development or management. On this internship, you can either support the Fiji National Sports Commission to design community sports camps for children in the summer holidays or support a chosen national

sporting organisation such as Netball Fiji or Fiji Rugby by creating fun and engaging sports coaching unit frames they can share with community coaches.

- **Global Education**

Ideal for future teachers studying primary, secondary teaching or early years education. On this internship, you will support the learning and holistic development of children studying at remote schools or kindergartens in Fiji. For example, you will be tasked with creating fun, engaging and exciting Maths & English lessons plans, unit frames and resources that will be submitted to the Ministry of Education, accessible by Headteachers across Fiji.

Partner Organisations... In the Fiji Islands

Partnership is the heart and soul of Think Pacific, we are very proud to be working with over 80+ organisations, some of which we have been working to support for over 10 years. Here's a just a few examples below:

Fijian Ministries

- Ministry of Health & Medical Services
- Ministry of Youth & Sports
- Fiji National Sports Commission
- National Employment Centre
- Climate Change & International Cooperation Division - Ministry of Finance

Fijian Universities

- University of the South Pacific
- Fiji National University

Fijian NGO's & Charities

- South Pacific Society of Lifestyle Medicine
- Nature Fiji
- Youth Champs for Mental Health
- Precious Plastics Fiji
- Mobile Kindy Fiji

Business & Enterprises

- Solar Fiji
- Boxfit HQ
- Cautata Village Bakery
- The Fusion Hub
- Juice Fiji

Sporting Organisations

- Fiji Rugby Union
- Netball Fiji
- Fiji Athletics Fiji
- Fiji Paralympic Association
- The Fiji Rugby Academy
- Fiji Amateur Boxing

Action Projects...

See Some Examples of Projects Submitted by our Partners

An action project is a tangible piece of work that one of our partners has requested to be completed, to help them achieve their development goals. There's a huge range of projects that are constantly being updated, which range from climate change awareness campaigns, to health and wellness research projects to designing business development proposals. Here's just a few examples:

Ministry of Health

- Market research on potential opportunities for implementation of Wellness across sectors in Fiji.

Nature Fiji

- Support content creation on the campaign to support the Kulawai bird species.

Youth Champs 4 Mental Health

- Funding application proposal to secure local and international grants.

Waitika Farm Fiji

- Create a social media campaign for the Farm, to attract more tourists.

Rako Pasefika

- Assist in the development of content for creative tools and online classes for Rako's indigenous education, arts & oceans programmes.

The Fusion Hub

- Support with program design for the 'Waste-2-Worth Capacity Building', delivered in rural communities and schools.

Step-by-Step Timeline...

Key Steps From Application to Completion

- Step 1 = Online Application
- Step 2 = Interview with Think Pacific
- Step 3 = Confirmation of place on program
- Step 4 = Onboarding into online community and internship portal
- Step 5 = Program begins with live briefing session
- Step 6 = Mentor session 1 = Goal setting
- Step 7 = Mentor session 2 = Choose action project
- Step 8 = Mentor session 2 = First draft of action project
- Step 9 = Submit presentation recording & action project to partner
- Step 10 = Receive feedback & certificate from partner

Student Testimonials...

100+ Student Interviews from across the World

“Personally, I developed a greater appreciation for Pacific Island communities and indigenous people. Professionally, I feel much more confident when taking on a self-directed project. You’ll be hard pressed to find anything quite so rewarding” **Morgan, Harvard University, USA**

“I developed my remote working skills, gained valuable experience within sustainability and overall, I learnt how to work in a globalised world ” **Ashoke, University of Waterloo, Canada**

“I worked on a Women’s Empowerment project and really loved it. I also really enjoyed learning about the greater world and new cultures, without having to travel abroad because I juggle university and being a Mum” **Natalie Deakin University, Australia**

“I gained so much more confidence when expressing my creativity and ideas” **Velina, Royal Holloway University, UK**

“It’s one of the best things I have taken part in, I loved it and loved the community” **Rhianna, De Montfort University**

“The internship helped me realise I wanted to work in marketing. I applied for a job towards the end of my Think Pacific experience and was successful, so thank you TP.” **Katie, Bournemouth University**

“I loved helping a country support the UN Sustainable Development Goals” **Yasmin, University of Para, Brazil**

“You will learn alot about yourself, other people and your own personality” **Katherine, University of Birmingham**

Watch Interviews with Interns: www.thinkpacific.com/virtual-internship-testimonials

Partner Testimonials...

Feedback From the South Pacific

Nature Fiji: “I am going through the intern’s documents and am just completely blown away!! Such high quality and so professional. I feel like they really took the time to get to know Nature Fiji and our values and projects. Vinaka vakalevu! ”

The Fusion Hub: “I went through all the projects and I must say that I am really impressed and so thankful to the interns who have put in so much effort and work into this.”

Ministry of Education: “I went through all the videos and I commend the effort of the interns. The information is discrete and hoping to assist a lot of teachers in special and inclusive schools. We will be sharing those resources on the website - Vinaka”

Watch Interviews with our Partners...

Mobile Kindy Testimonial - [Click Here to Watch](#)

Waitika Farm - [Click Here to Watch](#)

Animals Fiji - [Click Here to Watch](#)

What is the Contribution to Fiji? Through our Foundation...

Think Pacific is a social enterprise and a **'For Impact'** organisation that has invested over \$8m (F) into Fiji, since 2009.

Your program fee supports our charity and long term programs in Fiji, which contribute to the achievement of the Fiji National Development Plan.

This includes supporting local empowerment and job creation for Fijian people, expanding skills, experience and global understanding of Fijian students and contributing to improved public health, mental health, community development and enterprise creation in Fiji.

We believe that the most effective and sustainable outcomes can only be achieved by investing in the skills, knowledge and personal ambition of local people.

[Click Here to See Our Impact](#)

