

## INTERNATIONAL YOUTH INTERNSHIP PROGRAM JOB DESCRIPTION

### Cooperative of Nuevo Horizonte, Guatemala

<b>CONTACT PERSON:</b>	Miguel Angel Castañeda Estrada	<b>MAILING ADDRESS:</b>	Cooperativa de Nuevo Horizonte, km 443, Municipio de Santa Ana, El Petén, Guatemala (there is no mail service at present as the national service is being transitioned from private to public)
<b>PHONE NUMBER:</b>	Cell Number: 011-502-4022-1001 (number to call direct from Canada)		
<b>EMAIL:</b>	<a href="mailto:nuevohorizontegt@hotmail.com">nuevohorizontegt@hotmail.com</a>		
<b>INTERNSHIP TITLE:</b>		Youth Health & Wellness Officer	
<b>CANADIAN PARTNER:</b>		Selkirk College: Emily Kandborg <a href="mailto:ekandborg@selkirk.ca">ekandborg@selkirk.ca</a>	
<b>OVERSEAS HOST ORGANIZATION DESCRIPTION:</b>			
<p>The Cooperative of Nuevo Horizonte was founded by a group of ex-combatants from the civil war following the signing of the Peace Accords and was legally incorporated in 1998. It is comprised of 900 hectares with 482 people, 50% of whom are under 18 years. At the regional and national level, the members work with other social organizations to support compliance with the agreements of the Peace Accords.</p> <p>Gains to date include secure housing per family with running water, schools, health clinics (Primary Health, Maternity center, and pharmacy), daycare, community hall and office, tourism office and meeting spaces, semi-collective and individual economic initiatives (fish farm with 32,000 tilapia/year), 120 cattle and dairy, 145 hectares of reforestation with Caribbean Pine, individual agricultural lands, community based tourism project with full-time coordinator, lime orchard, apiary, &amp; Spanish language school.</p> <p>As well, there are parks with lagoon, soccer teams (youth (female/male and adult (male), folkloric dance group, museum, internet café, and internal organization of women and youth.</p>			
<b>PROJECT DESCRIPTION:</b>			

## INTERNATIONAL YOUTH INTERNSHIP PROGRAM JOB DESCRIPTION

### Cooperative of Nuevo Horizonte, Guatemala

The health and wellness project is part of an overall health program that is overseen by the health committee of the Community Council. From the outset, the community has prioritized the social factors that promote health and limit the classic diseases associated with poverty by focusing on development of adequate housing with running water, education, economic initiatives, food security, greenspace, medical clinic, cultural expression, self-governance, and youth and women's programs.

Since 2014, there has been a renewed emphasis on health given the rapidly rising rates of Type 2 diabetes in the community and growing awareness of the need to expand focus to include the larger social forces that shape health such as critical analysis of advertising of foodstuffs such as soda and fast food, and self-management of noncommunicable diseases that include type 2 diabetes, cancers, cardiac disease, and mental health. Today there is a robust group of People Living with Diabetes (PLWD) in the community that has an elected advisory group which reports to the Community Council. They are responsible for managing projects and activities related to the renewed vision of health and wellness.

Given that both the International Diabetes Federation and World Health Organization have stressed in their respective action plans on noncommunicable diseases prevention and management that 80% of diabetes is preventable, there has been a member directive from the PLWD group to emphasize prevention activities among the children, youth and young adults within a long-term work plan.

The health and wellness coordinator will work directly with the advisory committee to enhance wellness with all age groups at all levels (physical, emotional, psychological, and spiritual) in the cooperative. The emphasis will be on positive regard for physical activity, nutrition, psychological wellbeing, and so forth. In collaboration with members of the advisory committee and their contacts in the groups of youth (elementary, high school, and young adult), women, church, cultural expression, the health and wellness coordinator will work with them to realize activities arising from interests that have been identified around these themes which include but are not limited to: family gardens (project that is currently being implemented as part of the high school curriculum), exercise programs (ex. walking/running groups, Zumba classes, yoga, tai chi), nutrition (ex. community kitchen, high school cooking classes), and artistic expression of health as a positive theme (ex. fotonovelas, theatre skits, banner and murals, participation in International Diabetes Day in November).

HOST COUNTRY (STATE/PROVINCE, CITY)	RELATED THEMATIC PRIORITY SECTOR(S)	CROSSCUTTING THEME(S)
Guatemala	Increase Food security/ Safe and secure futures for children and youth	Gender Equality/ Environmental Sustainability

#### OVERSEAS JOB DESCRIPTION (ACTIVITIES & DELIVERABLES)

- Goals are to develop health eating patterns for youth
- Develop a needs assessment around eating patterns
- Survey of sales of food products/placement in stores in relationship to consumer purchasing patterns.
- Food preparation and gathering from community gardens.
- Develop workshops and training for youth appropriate to the needs of their age group and community.

## INTERNATIONAL YOUTH INTERNSHIP PROGRAM JOB DESCRIPTION

### Cooperative of Nuevo Horizonte, Guatemala

- Participate and present health education seminars in communities on health and wellness topics such as: stress, self-esteem, empowerment, nutrition, food security, conflict resolution.
- Organize and develop activities to involve youth in Physical activity ie: yoga, Tai chi, women's soccer, meditation, etc.
- Collaborate with youth who receive training to share their experiences and knowledge with other children, peers and communities.
- Present learning's from the project in supporting health and wellness.

**PREFERRED QUALIFICATIONS & PERSONAL SKILLS (What skills would you like the intern to have? Please specify skills that are necessary and those that might be preferential.**

Diploma or Degree: Nutrition/Nurse/Nurse Assistant/Health

- Flexibility and humour, willingness to live in simple conditions (ex. latrine, limited running water), self-motivated, ability to work independently with minimal supervision, ability to work with different age groups, cultural awareness and humility.