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UPLIFT INTERNSHIP EXPERIENCE

Overview

UPLIFT's internship program is designed to provide hands-on learning opportunities for students and emerging professionals interested in substance use education, prevention, and nonprofit work. Our goal is to help interns gain valuable real-world experience while supporting meaningful initiatives that strengthen our community.

Three-Tier Internship Experience

Interns will have the opportunity to experience the following areas, but are not limited to:

1. Prevention Education

Assist with youth and community presentations, prevention workshops, and awareness campaigns focused on topics such as substance misuse prevention, mental health, and healthy decision-making.

2. Community Outreach

Engage with the community through outreach events, school partnerships, and collaborative projects. Help coordinate and participate in activities that promote awareness and connection across Brevard, Seminole and Osceola Counties.

3. Administrative & Data Support

Gain experience in the operational side of nonprofit management- including data entry, program tracking, communications, and event coordination to understand how community initiatives are organized and sustained.

What Interns Will Gain

- Practical experience in substance use education and prevention
- Professional development
- Opportunities to attend community events and learn about local organizations and their work
- Skills in public speaking, organization, and project coordination

Intern Application Form



- Participate in orientation and check-ins
- Support outreach and prevention activities (including some weekend events)
- Uphold professionalism, teamwork, and community respect in all activities

Thank you for your interest in interning with UPLIFT. Please complete the form below so we can learn more about your goals, schedule, and requirements.

Full Name: _____ Phone Number: _____

Email Address: _____

Internship Details

What would you like to gain from this internship?

School credit Job/Professional experience Personal development

1. If for school or job, please provide the name of your school or organization:

2. How many total hours are you required to complete?

3. How many hours per week are you available to work?

4. When are you required to start your internship?

When is your internship required to be completed by?

1. Are you available to work on weekends?

Yes No Occasionally

2. Are you available to assist with evening events?

Yes No Occasionally

3. Where are you located (City/County)? _____

Emergency Contact Information

Emergency Contact Name: _____

Relationship: _____

Phone Number: _____

Transportation & Travel Expectations

UPLIFT events often occur across Central Florida, at schools, community centers, at times in other counties and weekend events.

Do you have reliable transportation?

Yes No

Are you comfortable traveling to off-site events as needed?

Yes No

Skills & Experience Section

Please list any relevant skills (e.g., public speaking, social media, data entry, youth engagement, bilingual skills): _____

Background Check / Clearance

Some activities may require a background check depending on event location (e.g., schools).

Are you willing to complete one if needed?

Yes No

Internship Schedule Preferences

Preferred working days/times:

Supervisor or Faculty Advisor Information (if applicable)

Instructor/Advisor Name: _____

Email: _____

Phone: _____

Required Evaluations or Check-ins:

Reasonable Accommodations

Do you require any accommodations to support your participation?

Yes No

If yes, please describe:

Media/Photo Release

Do you consent to being photographed or recorded at UPLIFT events for program documentation or promotional use?

Yes No

Technology Usage / Social Media Expectations

Are you comfortable assisting with social media content creation if needed?

Yes No

Policy reminder:

Interns must not post photos of youth or event details on personal accounts without explicit permission from UPLIFT staff and will be subject to the company (UPLIFT) social media policy.

T-Shirt Size:

S M L XL XXL Adult Child

How did you hear about us?

Interests within UPLIFT

- Youth programming
- Event logistics
- Research
- Data/evaluation
- Administration
- Other: _____

Languages spoken _____

Any barriers you foresee during your internship? _____

Acknowledgment of Expectations / Code of Conduct

I acknowledge the following expectations:

- I will maintain confidentiality regarding youth and community members.
- I will uphold professionalism and respect at all times.
- I understand that some events occur on evenings or weekends.
- I will communicate any schedule changes with staff promptly.

Additional Information

If your school or organization requires any paperwork or agreements to be signed by UPLIFT, please attach or email those forms to: info@uplifters.org

Print Name: _____

Signature: _____

Date: _____