



eco-internships

REMOTE YOUTH SUPPORT PROGRAM

OVERVIEW

Empowering Emerging Youth Leaders within the
Environmental Nonprofit Sector

– 2024/2025 –



eco-internships

Table of Contents

The Need for the RYSP	3
Eligibility Requirements	4
Intern Training Program	5
Youth Mentors	8
Community Projects	9
How to Apply	10



THE NEED FOR THE RYSP

According to a National Issues Report completed by the Government of Canada (2021), many key issues exacerbate the impacts of climate change in rural and remote communities. It states, "Compared to urban centres, rural and remote communities often experience greater impacts from climate change . . . these communities also tend to have fewer financial, human and formal institutional resources with which to respond to these changes." The report emphasizes that although communities are resilient and adaptive, a major factor of inaction among youth is the limitations to resources and employment prospects, which cause high turnover rates, youth out-migration, or even forced migration. This is illustrated through the high unemployment rates, as shown in Nunavut's 14%, Nova Scotia's 12.1% and Newfoundland and Labrador's 11.3% unemployment rate in 2022 (Job Bank, 2023). Furthermore, according to the 2022 Canada Job Bank's Economic Scan, 60.5% of the population in Yukon, Northwest Territories, and Nunavut were Black, Indigenous, and people of colour (BIPOC) individuals, which is close to double the national average of 30.9%.

Comparatively, youth are highly passionate about working for a more sustainable and just future because they are the ones who will be impacted by the climate crisis. According to a UNEP Globescan Survey (2020), 89% of youth respondents believed young people can make significant contributions in the fight against climate change. In a report by the Board Conference of Canada, (2021) they emphasize that learners from small remote communities often have to leave home to acquire the foundational skills they need to enter the labour market. This data underscores that today's youth recognize their immense potential as agents of change but are also aware of the shortage of knowledge and skills needed to translate this potential into impactful action.

With PERC's support, Eco-Internships has supported over 180 youth internships across Canada, providing training, mentorship and networking opportunities for youth ages 18-30 through our Intern Support Program (ISP). 80% of the youth participants have been able to secure a full-time job within 3 months of completing their placement, showcasing the ISP's success in preparing youths to participate in the labour market.

With funding provided by Youth Harbour, Ecoln has partnered with the Peace and Environment Resource Centre (PERC) to launch this successful program model in Canada's Atlantic and Northern regions, where we can engage and prepare more under-represented youths experiencing barriers to employment to take action against climate change.

ABOUT US

Eco-Internships (Ecoln) is a non-profit designed to support youth in developing their career in the environmental sector while addressing environmental non-profits' human resources and staffing needs.

Our mission is to create sustainability jobs for youth and equip them with the skills and experience necessary to excel and create action against climate change.

To learn more about Eco-Internships, check out our introduction video:
"What is Eco-Internships?"
on our shared YouTube Channel.





A GREAT TRANSITION FROM MY ACADEMIC CAREER INTO PURSUING A "REAL" JOB WITHIN THE ENVIRONMENTAL SECTOR. I THOUGHT IT WAS A GREAT EXPERIENCE TO GET TO KNOW MANY LIKE-MINDED FOLKS, LEARN ABOUT IMPORTANT NON-PROFIT BASICS, AND TO GET FAMILIAR WITH COMMON JOB REQUIREMENTS LIKE EVENT PLANNING AND COMMUNICATION TECHNIQUES. OVERALL, IT WAS SUPER INTERACTIVE AND FUN! I WOULD DEFINITELY RECOMMEND THIS PLACEMENT FOR YOUNG PROFESSIONALS AND PEOPLE WHO ARE NEW TO THE WORLD OF ENGO WORK!

– Julia Derue, 2021



Eligibility Requirements



Youth Participants must fit within these guidelines:

- Between the ages of 18–30
- Live in the Atlantic, Maritimes, or Northern Regions of Canada
- Involved with an environmental non-profit organization (ENPO)
- Available to complete a project between August 2024 – April 2025

Employer Organizations must fit within these guidelines:

- an environmental non-profit organization
- Operate in or serve Atlantic, Maritime, or Northern regions in Canada

Cost

Thanks to our generous funders, participating in this program is FREE!

ONLY 20 SPOTS AVAILABLE !





THE INTERN TRAINING PROGRAM HAS HELPED ME GROW AS A PROFESSIONAL IN THE NON-PROFIT SECTOR, AS A WORKPLACE COMMUNICATOR, AND AS AN INDIVIDUAL. THE ITP'S STRONG EMPHASIS ON WRITING SKILLS AND BOARD GOVERNANCE HAS DIRECTLY TRANSLATED INTO MY INTERNSHIP PLACEMENT WHILE EASING MY TRANSITION INTO THE ENERGY MANAGEMENT FIELD. I AM HAPPY THAT STEP-UP'S CORE MISSION HAS ALIGNED SO WELL WITH MY PERSONAL VALUES AS WELL AS MY PROFESSIONAL ASPIRATIONS

—ISOBEL ANDERSON, 2023



Capacity
Building Institute

INTERN TRAINING PROGRAM

In addition to helping train Executive Directors and Program Managers, the Capacity Building Institute has established a leadership development program for interns and future leaders. This capacity-building program supports youth under 30 starting their careers in the Canadian environmental non-profit (ENPO) sector. CBI has partnered with Eco-Internships (EcoIn) to provide non-profit skills training to all youth participating in the Remote Youth Support Program (RYSP).

Through an online classroom and live monthly sessions, participants can connect and build a network with other individuals holding similar roles in different organizations. This networking opportunity is a key part of the training, fostering community and shared learning. The training also focuses on building knowledge about the non-profit sector and key skills to help the interns succeed in their positions.

Our program offers flexibility to accommodate the diverse needs of our participants. There are two training course options the youth can participate in:

OPTION 1: FULL VERSION

This option is targeted for youth dedicated to working for or volunteering at an organization over a longer period of time (at least a 6-month period)

- Dedicated time to complete the course: **70 hours**
 - a one-week intensive training boot camp (virtual via Zoom) (15 hours)
 - 2-hour monthly check-ins (12 hours)
 - Online readings, video tutorials, and assignments (roughly 45 hours)

Training Dates:

Bootcamp Week (Mon-Fri, 11AM-2PM EST): *Only attend one week based on hiring date.

- August 12-16
- September 23-27
- January 27-31

Monthly Group Meetings (Tues, 12-2PM EST):

- September 3, October 8, November 12, December 10*, January 14, February 11, March 11

* special time: 9-11am EST



INTERN TRAINING PROGRAM

OPTION 2: CONDENSED VERSION

Youth will be enrolled in a 10-hour online training course. They will complete a series of 7 modules, compiling videos and readings on the various topics outlined below. In addition to the online portal, they will undergo an orientation with the program leaders, Chantel and Hannah, and meet regularly with their mentor.

- Aimed for part-time employees and volunteers with limited time
- Total dedicated time needed: 20 hours
 - Orientation (2-3 hours)
 - Mentorship Meetings (min 3 hours)
 - Online Course Material (12 hours)
 - Monthly Meetings (2 hrs ea.)

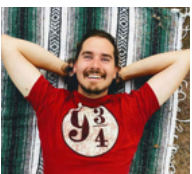
Once all the modules and assignments are completed, the youth will receive an official “certification of completion” from the Capacity Building Institute and lifetime access to the course materials.

ALUMNI TESTIMONIALS



"The internship training program was awesome because it satisfied many of my deeper questions around the 'whys and hows' of the way in which ENGOs work, and connected me to a larger group of people with similar interests and goals." - Lorena Narvaez, 2020

"The Internship Training Program was valuable because it assisted in preparing me for what I may need to know or do going into my placement. There were many guest speakers with impressive backgrounds and experience that provided us with excellent advice for our current internships as well as our futures. The ITP was also valuable because it gave us an opportunity to connect with other interns and Sustainable Eastern Ontario staff to discuss and provide updates on our work with our organizations thus far. This was a nice outlet to express our thoughts and receive guidance."
- Emily Moynes, 2021



"The internship program was valuable because it allowed me to fast-track my professional development in a way I simply couldn't do in such a short time on my own. I received a plethora of job-specific skills which I'll always carry with me, and made connections with other interns and experienced professionals in the industry." - Gerry Churchill, 2021



Training Program Themes

Introduction to Sustainability

- What is Sustainability?
- Introduction to the Sustainable Development Goals
- Territorial Land Acknowledgments

Nonprofit Basics

- Working for an environmental organization
- Understanding the nonprofit sector
- Board Governance

Fundraising 101

- How to raise money for your nonprofit
- Creating a budget
- Grant writing
- Fund Development

Communications & Public Speaking

- Developing your nonprofit 'pitch'
- Public speaking and networking
- Intro to marketing for your non-profit
- Volunteer & Stakeholder Engagement
- Building partnerships

Career & Skill Development

- Skills development and planning
- Goal-setting and career-building
- Resume Reviews & Mock Interviews
- Professional Networking
- A.I. for Non-profits

Leadership & Organizational Culture

- Developing yourself as a leader
- Governance and leadership roles
- Diversity, Equity & Inclusion

Mental Health & Self Care

- G.R.O.W. Goals
- Work-life balance

Trainers & Facilitators & Guest Speakers



Kristina Inrig



Sam Laprade



Alex Keenan



Nasha Choudhury



Hannah Rockburn



Chantel Haigh



Alecia
Hancock



RBC
Foundation



Ariana
Roundpoint



Youth
Alumni
and More!



YOUTH MENTORS

The purpose of the Intern Mentor is to support and guide the youth intern, especially when working for a very small organization with no other staff. In these cases, interns can feel isolated and lost during their internship. It is important that they have some direct feedback and support to help make the internship a success. Mentors are NOT supervisors—instead, they are more like coaches, cheerleaders, sounding boards, and supporters.

The Intern Mentors are all past interns of this program, so they know first hand what it means to take part in an internship. Our Mentors also work mostly for small shop environmental organizations so they can relate to what issues the interns are going through over the course of their role.

"YOU CAN ASK THEM ANYTHING ABOUT YOUR ORGANIZATION, WORK LIFE, DEALING WITH COWORKERS, ETC. AND THEY ARE THERE WITHOUT JUDGEMENT. CAN ALSO HELP NAVIGATE PROBLEMS, LIKE COMMUNICATION WITH OTHER COWORKERS/BOARD MEMBERS."

– MADDIE STEWART, 2022



“

MENTORS WERE ABLE TO SHARE THEIR PAST EXPERIENCES ON THE STRUGGLES OF AN INTERN AND HOW BEST TO APPROACH THE INTERNSHIP FROM A MENTAL HEALTH PERSPECTIVE AS WELL AS A PERFORMANCE PERSPECTIVE. I CONSIDER THESE TIPS INVALUABLE GOING FORWARD IN MY INTERNSHIP.

– MANON VESELOVSKY, 2021



”

“

"TO ME, THE MENTORSHIP PROGRAM WAS A CRUCIAL PART OF MY INTERNSHIP. WITH THE PROGRAM, I WAS ABLE TO SEEK GUIDANCE FROM MY MENTOR TO HELP SOLVE IMPORTANT MANAGEMENT ISSUES. THIS SUPPORT GAVE ME THE TOOLS AND INITIATIVE TO SOLVE FUTURE ISSUES ON MY OWN.

– STEPHANIE BRUNET, 2021



”



COMMUNITY CLIMATE PROJECTS

As part of the Remote Youth Support Program (RYSP), youth participants will undertake community climate projects designed to address local environmental challenges. These projects provide hands-on experience in planning, implementing, and evaluating climate action initiatives. Youth will develop project proposals, secure necessary resources, and coordinate with local stakeholders and volunteers.

Additionally, they will document their process, assess the impact of their projects, and share their findings through written reports and evaluation surveys. This comprehensive approach ensures that the youths not only contribute to their communities but also gain valuable skills and insights into environmental project management and sustainability.

To further support these initiatives, microgrants will be available to youth participants, based on funding availability. These microgrants will enable selected participants to plan and execute their community-based climate projects effectively. The funding will cover essential project costs, helping youth to bring their innovative ideas to life and make a tangible impact on their local environment.

Additionally, youth participants will be tasked with writing articles about their community climate projects. These articles will detail their experiences, challenges, and successes, providing a narrative of their journey from project inception to completion. Published in the "Sustainable Stories: Local Actions, National Change" column of PERC's digital newsletter, the PEN, these articles will not only highlight the impactful work being done but also inspire and inform a broader audience about practical climate action initiatives led by young environmentalists.



PERC
Peace and Environment
Resource Centre



HOW TO APPLY

STEP 1: SUBMIT EMPLOYER APPLICATION INTEREST FORM

- Go to our website: www.ecointernships.ca and click the "Apply Now" button to fill out the 2024 Employer Application Form.
- What you will need for the application:
 - Contact Information
 - name, email, phone number, address, etc. for hiring organization
 - Organization Information/Background
 - Youth staff information



STEP 2: BOOK A FOLLOW-UP MEETING

Go to the "Contact" page on our website to book a 30-minute appointment to discuss further details and confirm interest.

STEP 3: HAVE SELECTED YOUTH SUBMIT APPLICATION FORM

Have your selected youth employee/volunteer complete the "General Pool: Sustainability Internship" application. You can find the link directly on our Careers Job Board OR on our website: <https://www.ecointernships.ca/apply-now>



FUNDER ACKNOWLEDGEMENT



FES



THE YOUTH HARBOUR





Photo Credit: Karli Zschogner



eco-internships

The Sustainable Capacity Solutions Office

2203 Alta Vista Dr,

Ottawa, ON

K1H 7L9



613-663-2553 X2
1-888-385-1154



info@ecointernships.ca



www.ecointernships.ca

