

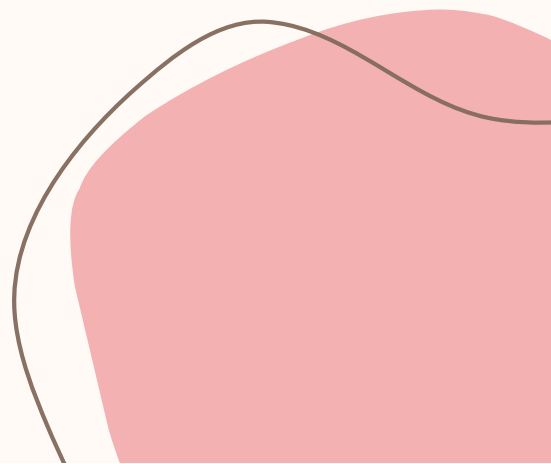


# INTERNATIONAL INTERNSHIP OPPORTUNITY

*Are you passionate about  
birth & sexual and  
reproductive rights?*



Asociación Manos Abiertas, a women's health center for low income women and babies in Guatemala, offers an immersive, interesting and growth-inducing internship experience.





## Who can apply?

Any female with an interest in woman's health, natural birth, women's rights and who has mid-level Spanish can apply. We would love to have you if you are passionate about a woman's right to plan her family, midwifery and you are self-motivated and eager to learn about our culture. Student midwives, student doulas, student nurses or public health students, graduate nurses, graduate midwives, new or experienced doulas looking to gain a broader experience can apply. Even if you are starting off on your path but meet the language and ideology requirements we encourage you to apply.

We only take 2 interns at the same time to guarantee you have access to plenty of interesting consults and activities.



# Opportunity



## Be part of our team

Come to the beautiful country of Guatemala and be part of this team of women that have been guaranteeing access to sexual and reproductive healthcare for over 13 years. Our focus is on providing low income women and babies with reproductive and sexual health care services that they would otherwise be unable to access. We practice according to the modern midwifery care model and are strong advocates for human rights. We believe we can change the world one woman at the time.

[www.asociacionmanosabiertas.com](http://www.asociacionmanosabiertas.com)



# The details



## The internship

- Internships can last between 6 weeks and 3 months. You'd be on-call 24h but clinic hours are Monday-friday from 9am to 5pm.
- The placement includes access to AMA's clients and activities and to a renowned midwife's private practice.
- The fee includes a shared room in our humble but comfortable center. You would have access to a kitchen, bathroom and laundry
- Our center is 15 minutes away from the famous city town of La Antigua Guatemala and 1.5h from beautiful black sand beaches where in your free time you can do tons of fun activities like kayak in the mangrove forests, or climb to see one of Central America's most active volcanoes!

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# What we do



## AMA

You would follow a midwife or student midwife into appointments: we are a walk-in clinic so services vary day to day:

- Prenatal care including ultrasound and ECVs
- Natural out-of-hospital births, including VBACS, the occasional twin and breech births.
- GYN routine care such as general consults, Pap smears, VIAA CRIO, STIs testing and treatment
- Family planning services: placement and removal of IUDs, Jadelles, monthly and 3-month shots. We travel 2x month and do day-clinics where we offer free birth-control counselling and methods in other communities
- 1x week paediatric clinic
- Pregnancy loss care
- We also work with lots of herbal remedies local to our country!

# What we do



## Centro de Parto Natural

Our founder is midwife Hannah Freiwald and she takes interns along in her private practice with many locals and foreigners as clients. She owns a high-volume water birth center in Guatemala City. You would be on call for both centers to keep it interesting and to give you more chances to be at births! Her clinic offers:

- Prenatal care and ECVs
- Natural out of hospital births, including home births, VBACS, the occasional Twin and breech births.
- GYN routine care such as general consults and Pap smears
- Pregnancy loss care
- She hosts live prenatal classes 1x month

[www.partonaturalguatemala.org](http://www.partonaturalguatemala.org)



# FQA

**Q: How many births will I attend?**

**A:** We generally attend up to 8 births a month at Centro de Parto Natural and up to 4 in Manos Abiertas. However, some months we will have one or two, and other months are busier. The longer you stay, the more chance you have to attend births.

**Q: How many people work at AMA?**

**A:** We generally have 1-2 rotating interns at any given time and an attending midwife. Interns and the attending midwife are on-call 24/7. We have 4 other staff members who work at AMA full time during normal business hours - a women's health nurse, receptionist and student midwife and cleaner. Additionally, Hannah (Founder of AMA) and Sandra our paediatrician, spend 1-2 days per week at the clinic. Diana, the clinic's director and senior midwife will come in for administration purposes, ultrasounds or complicated cases, training student midwives and for day clinics.

**Q: What is there to do around AMA?**

**A:** AMA is located in Ciudad Vieja which is a town of about 30k people. During their free time, most interns tend to spend time in Antigua which is a neighboring town about 5 kilometers away. Antigua is popular with both Guatemalans, immigrants, and tourists, and many people also come to Antigua to learn Spanish. It's a town with beautiful colonial architecture, great food, salsa classes, bars, cooking classes and coffee shops.

**Q: Is there anything that's helpful to bring with me to assist with births and consultations?**

**A:** It's always a good idea to have a notebook and pen so that you can jot down any questions you may have and discuss with the attending midwife after the consultation. Any needed medical equipment is provided at the clinic.

**Q: I have very basic Spanish skills. Is that okay?**

**A:** The more you know, the more you'll be able to do and take on at AMA. It may be helpful to enrol in a Spanish class prior to arriving, but we can also arrange for a Spanish tutor during your time here (either at the clinic or in Antigua.) The most important part is that you are willing to learn and meet the needs of the women in our clinic.

**Q: Are there any issues with personal safety in the areas surrounding Manos Abiertas?**

**A:** Ciudad Vieja and the surrounding areas are generally safe, but you need to be aware of your surroundings, as you do in most places around the world. While Guatemalans are generally very friendly, it's best not to take the bus or walk alone at night.

**Q: Is it possible to tour sites of Guatemala on the weekend or does being on-call 24/7 preclude weekend excursions?**

**A:** We prefer that interns plan their travels in Guatemala after they finish the program. We ask that on weekends, interns be within an hour of the clinic in case there is a birth. However, if we are not expecting a birth, you can ride horses (talk to Hannah), climb volcanoes, visit coffee farms, go to the sea, see Mayan ruins.... The list is long.

**Q: Which months have the fewest consultations?**

**A:** We tend to be slower in December and January. There are still births and consultations, but much fewer than the rest of the year. The clinic is closed for the Hollidays from dec. 23rd to Jan 2nd. Births still happen then and Hannah works through the Holidays.

**Q: Do I have the option to attend just births or just consultations?**

**A:** No. It is expected that all interns will attend both births and consultations. We do not have a high enough volume at the clinic for you to choose one specialty.

**Q: What will I do during the consultations?**

**A:** You will be asked to do routine tasks like taking weight and blood pressure. The more you know, the more you will be able to do. That includes delivering babies under supervision when you feel ready and we trust that you have the necessary knowledge.

**Q: What topics come up in the consultations?**

**A:** Women come into the clinic for many reasons. Common topics that come up are: pre-natal or post-natal exams, pap smear, vaginal infections or pain, STD testing, pregnancy testing, birth control injections, failed contraception, sexual abuse, pregnancy loss, abortion, death, etc. So we ask you to be respectful and empathetic of people's situation.



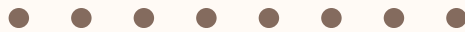
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GUATEMALA

## Costs

Asociación Manos Abiertas offers respectful and humanized care, we charge very little for our work and will not turn anyone away. The internship cost helps us cover the expense of having someone living onsite as well as keeping our doors open to serve more women and children in semi rural Guatemala. We don't have funding for our midwifery or paediatric work so keeping afloat is always a struggle. This is how you help the women and babies Guatemala.



A week of internship is \$250 USD. The minimum stay is of 6 weeks and the maximum stay is 3 months. If you want to stay for three months and need a reduction on the fee let us know.



# Apply



[manosabiertasgt@gmail.com](mailto:manosabiertasgt@gmail.com)

Send us an e-mail addressed to Diana Freiwald, our director and in charge of the intern program, expressing your interest on our internship program and why you would like to come.

Please include:

The time frame of when you would be able/like to come with dates

Your attached CV

If there are any important things or special needs we need to know about you.