



2026 Summercise Internship

Norton Sound Health Corporation: Nome, Alaska

Who we are:

We're the Chronic Care Active Management and Prevention (CAMP) team at Norton Sound Health Corporation, dedicated to preventing disease and promoting health in the Norton Sound region. Our dynamic team includes Registered Dietitians, Tobacco Quit Coaches, Lactation Counselors, and other health educators who will provide mentorship and support throughout your internship. We value strong communication, teamwork, and top-notch customer service.

What we are looking for:

We are looking for energetic and creative individuals looking for experience teaching youth about healthy living. Norton Sound Health Corporation located in Nome, Alaska is recruiting 7 college interns for the summer of 2026 to coordinate the award-winning program, *Summercise*. Recognized by the American Diabetes Association for the John Pipe Voices of Change Award for Innovation, Summercise is a nutrition education and physical fitness program for the youth of the Norton Sound region. Over the past 20+ years, approximately 180 students from around the United States have come to Nome to work with local youth in efforts to prevent diabetes and learn about the Alaska Native culture, including outdoor activities and traditional foods.

Summercise is held in numerous locations around Nome, a small, tight-knit community and is an inspiring program to provide nutrition education and get youth active throughout the summer. Summercise interns lead all aspects of Summercise from planning to wrap-up and everything in between. Interns will also be supervisor/mentor to at least one high school assistant who will assist with the groups you are leading and teaching. Each intern is assigned one group of Summercise participants, usually around 25 participants. Classes change weekly over a period of six weeks in two blocks of 3 weeks. There will be a two-week period for travelling to villages in between.

What do we consider a good candidate?

- **Working with Children:** Students should enjoy and have a strong background and experience working with large groups of children ages 5-12. This can include summer camps, after school programs, coaching, boys and girls club, etc.
- **Nutrition & Health Knowledge:** Students should be pursuing an undergraduate program in one of the following areas:
 - Nutrition and Dietetics
 - Exercise Physiology
 - Other preventative healthcare fields, public health master's students
 - American Indian/Alaska Native Studies with an emphasis on Native Health Initiatives
- **Physical Fitness:** Only students with demonstrated abilities to teach physical fitness in addition to nutrition/health knowledge will be considered. Physical fitness is not limited to specific sports or activities. Be creative!

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- **Professional Qualities & Work Style** We seek flexible, culturally sensitive self-starters with a strong work ethic. Candidates must be professional role models who are eager to problem-solve, go above and beyond for the team, and mentor high school students.
- **High Priorities:** Instructors for swimming/lifeguards, comfortability teaching for 4 hours periods in the outdoors, dance/gymnastics/cheerleading, ball sports, cooking classes, experience in a specialty sport or activity, and many more. We are always looking for new things to offer the kids.

What do we offer:

This is an unpaid internship that lasts 11 weeks. We will provide you with housing, pay your airfare to and from Nome, provide a pass to the recreational center in Nome, and a \$1200.00 stipend for food expenses and miscellaneous expenses, such as luggage fees. You will be sharing housing and/or a room with another Summercise intern or NSHC staff. Your housing will be fully furnished with kitchen supplies, furniture, beds, bed linens, washer and dryer, and internet. Housing may be co-ed, but rooms are gender specific. Interns have access to a vehicle for work-related purposes, bikes for recreational/personal use. With understanding that many internships offer an hourly wage, we have outlined the estimated cost of being an intern in Nome, Alaska which is covered in lieu of an hourly wage.

Estimated Cost for Summercise Internship (per intern):

Airfare; Roundtrip from Continental States to Nome, Alaska: ~\$1100.00

Housing/Lodging in Nome, Alaska for 11 weeks: \$4,400.00

Internet: \$358.00

Gym Membership for 12 weeks: \$180.00

Gas/Transportation: currently, gas is \$6.29/gal; vehicles are hard to come by but rent at \$200.00 per day.

Village Airfare: \$650.00

Village Lodging: \$159/night

Total Estimated Cost Per Intern: ~ \$11,806

All the above expenses are 100% covered by the NSHC CAMP Department. There is no cost to the intern, and they receive a stipend for food and other miscellaneous expenses of \$1200.00. The only other predicted expense to interns is personal experiences within the state and necessary attire for personal comfort during the summer in Alaska (such as, rain boots, rain jackets, etc.) **Additional Earning Opportunity:** Interns may have the option to supplement their stipend by working paid shifts in the hospital kitchen, providing further culinary experience and financial flexibility.

A two-week orientation and preparation period will be provided prior to the start of Summercise on June 8th. This internship may offer many exciting community nutrition experiences through the Summercise program. A brief outline of the 2026 project list is listed below.

Summercise Intern Expectations and Priorities:

1. Summercise coordination: planning, implementing, and resetting for the following year.
2. CAMP events and projects for health promotion and disease prevention
3. Monthly rotations and assignments. Each intern will have the opportunity to shadow TWO Registered Dietitians or Public Health Educators within 4 week rotations. These are assigned via a matching process during the orientation period and are in various healthcare settings such as clinical, nutrition services/culinary, community health, social media, WIC, etc.
4. Unscheduled tasks assigned by CAMP staff
5. Community collaboration/partnership/volunteerism

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6. Interns are expected to work on numerous projects and handle competing responsibilities. Weekend and evening work should be anticipated and expected, this is considered a full-time role. A staff member will be present at all events hosted by interns.

Summertime can often be used to fulfill academic requirements for both undergraduate and graduate nutrition, public health, and exercise physiology programs. We're happy to assist you with the preceptor paperwork to help you earn credit for this valuable experience. (Please note that credit inquiries can be addressed once you've received an offer to join our internship program, these will not be reviewed prior to an offer.)

The logo for Norton Sound Health Corporation is partially visible on the left side of the page. It consists of a large, light gray circle containing the letters 'N', 'S', 'H', and 'C' stacked vertically in a bold, sans-serif font. To the left of the circle, there is a vertical line with a small, stylized graphic element at the top.

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2026 Important Dates*:

- **Applications Submission Start Date: December 5th, 2025**
- **Due Date for Summercise Application: February 16th, 2026**
- Phone/ZOOM interviews: March 3-4, 2026
- Arrive in Nome: Between May 20-21st, 2026
- Orientation & Training: May 22nd – June 5th
- Summercise Dates: June 8 - July 30th
- Leave Nome: August 4th, 2026
- **Total Summercise Commitment: May 20th – August 4th**

Due to Nome being off the road system, it is not encouraged for interns to leave Nome during the duration of the program.

How do you apply?

The application is completed through Microsoft Forms and is [linked here](#)

Application Requirements:

1. Applications will be accepted: December 5th, 2025 – February 16th, 2026
2. Application Due Date: February 16, 2026 at 11:45PM AKST – **Absolutely no exceptions.**
3. Cover Letters & Resumes MUST be uploaded in PDF format via dropbox (link at the end of application)
4. (2) Letters of recommendation should be sent directly from the person submitting the recommendation letter. Please ensure that the persons submitting your recommendation letters put your name in the letter. Recommendation letters are to be uploaded to the dropbox link at the end of the application.
5. This is a lengthy application. It will not allow you to save and go back to complete it. We recommend saving your answers in a word document as you go through in case of internet failure or if you must restart the application for any reason. We are not responsible for any lost work.

Do you have questions about Summercise?

Nicole Santonastaso, RDN, LD, IBCLC, CDCES, CD (DTI): Prevention Program Supervisor and Summercise Director - Questions about Summercise program can be emailed to summercise@nshcorp.org or contacted by phone at (907) 443-3365.

We receive a high volume of applications and inquires every year. Questions that can be answered by reviewing our application or information packet may not receive a response.