



Perennial Internship Program – Summer 2026

Internship Position Description

Internship Title: Adaptive Sports & Recreation Instructor (2 Positions)

Internship Site: Vermont Adaptive Ski & Sports

Description: Vermont Adaptive Ski & Sports is a nonprofit that provides outdoor recreation opportunities for individuals with disabilities. Interns will learn about the inner workings of a non-profit in the adaptive recreation world. Interns will learn about equipment, how to teach lessons, run reservations, admin, etc. Primary sports interns will get experience in adaptive mountain biking, kayaking, paddle boarding, canoeing, bike path biking, and more!

Desired qualifications/skills/coursework:

- Enrolled in or recently completed a college/university track related to outdoor programming, therapeutic recreation, adventure education, exercise science, kinesiology, special education, physical therapy, occupational therapy, or related field.
- First aid and CPR certification required; Wilderness First Responder preferred. (Will pay for completion if cert isn't active at time of hiring)
- Competency in computer programs: Google Suite, Word, Excel, and Publisher.
- Commitment to the entire summer season.
- Strong cycling, climbing, and/or paddling experience, instruction experience preferred.
- All interns must have a strong work ethic, flexibility, a love for the outdoors, an open mind, and a love for working with people.

Supervision: Depending on the location...

- Northern Programs – Oliver Silberstein or Felicia Fowler
- Central Programs – Betsy Hoffmeister or Felicia Fowler

Start and End Dates: May/June through Aug/Sept

Total Hours: Option for either full time 40 hrs/week or part time 20 hrs/week for 12 weeks

Compensation: \$16/hour

How to apply:

Rubenstein students who will have completed their sophomore or junior year by summer 2026 are eligible to apply. Students graduating in May 2026 are not eligible to apply. Earning Independent Study or Internship credit through the Rubenstein Internship Program is required.

1. Click the following link to view the Rubenstein Perennial Internship Descriptions in Handshake:
<https://uvm.joinhandshake.com/employers/226837>

- If asked to log in: click “UVM Net ID Login” & login.
- Click the Favorite button to enable easier searches in the future.

2. Click “View All Jobs” in Jobs at Rubenstein Perennial Internship Program box on the right side of page.

3. You should now see the Perennial Internship opportunities! Click “View Details” to learn more about each position.

- Please do take the time to carefully read each individual description so that you don’t miss a great opportunity by judging an internship solely on its title.
- You may apply for up to **three** Perennial Internships.
- All applications are due by **11:59pm, on Wednesday, February 4th, 2026.**

4. You’ll need to upload a Resume, Cover Letter, and Recommender File in Handshake before you can apply for any Perennial Internship:

- Click on your name at top right of screen in Handshake
- Select Documents.
- Please upload all documents as PDFs.
 - The following are the required documents:
 - ♣ Resume
 - ♣ Cover Letter
 - You should write and upload a unique cover letter for each position to which you are applying.
 - In your cover letter, provide the name & contact information for at least one professional reference. This could be someone who supervised you in a past work/internship/volunteer position, or a professor or teacher, etc. The person listed should not be the person who completes your recommendation form.
 - ♣ Recommender File (see below) - as you will not have access to the form, you are asked to

upload a PDF with the name and email of the recommender to whom you have sent the recommender form.

5. A Recommendation form will need to be completed by a Rubenstein faculty, graduate student, or staff member of your choosing. When you ask your recommender if they are willing to complete the form to support your application, please provide your recommender:

- This link: [RECOMMENDATION FORM](#)
- Only one recommendation form needs to be completed regardless of how many Perennial Internships you are applying for.
- Your recommender will complete and submit this form online, and then your recommendation will be confidentially added to your application(s). **This recommendation form needs to be submitted by the February 4th, deadline.**

6. Make sure that your resume and cover letter(s) are as strong as they can be! Utilize the resources around you:

- Get your resume and cover letter reviewed by a Career Counselor at the Career Center. You can check the Career Center's drop-in hours [here](#). The Career Center also offers a guide on building your resume available [here](#).
- Set up an appointment with one of Rubenstein's Career Coaches - [Emily LeForce](#) or [Cathy Shiga-Gattullo](#) - or with the PIP Coordinator, [Sarah Mell](#). Just swing by Aiken 220 to connect!

7. If you are selected to interview for a Perennial Internship, you will be contacted by the site to set up an interview from late February to early March.