



The Arc of San Diego

Personal and Leisure Services

About The Arc of San Diego

The Arc of San Diego, a private, not-for-profit corporation, is one of the region's largest human-service agencies. We provide an extensive array of services to people with disabilities in San Diego County. Founded in 1951 by a determined group of people who felt they had to "do something" for children with intellectual disabilities, The Arc blends a long history of service with a national reputation for success. Today, we are guided by the same sense of purpose and dedication that inspired those parents over 60 years ago.

The mission of The Arc of San Diego is to support and empower individuals with disabilities to achieve their life goals. We have a rich tradition of developing quality programs for children, teens, and adults with disabilities. All of our programs promote social, economic, and personal independence. We stand by our belief that people with disabilities have unlimited potential and the right to equality opportunity.

The Arc of San Diego is the eighth largest non-profit organization that regularly serves over one-thousand people with developmental disabilities (DD). The Arc is accredited by the Commission on Accreditation of Rehabilitation Facilities, CARF, which stands as a symbol of our commitment to the highest quality of service.

About the Personal and Leisure Services (PALS) Department

PALS runs four community-based recreation programs: Leisure Express Local (LEL), Leisure Express Trip and Travel (LETT), Our Place Wellness Center, and Camp-A-Lot. LEL is a community based therapeutic recreation program for teens and adults with intellectual and developmental disabilities (I/DD). LETT is a travel program in which teens and adults with I/DD are able to explore the world with the assistance of PALS staff. Our Place Wellness Center offers individual and group fitness classes for Arc participants. Camp-A-Lot is a week-long residential camp for children, teens, and adults with I/DD. All activities are programmed to promote and develop skills such as health and wellness, socialization, communication, independence, and confidence.

PALS Internship Information

Internships take place for a minimum of 15 weeks, 560 hours, following NCTRC standards and regulations. Interns must be at least 21 years of age with a clean driving record and are required to pass a drug test, physical, TB test, FBI, and Department of Justice clearance.

Internships are not paid positions and housing is not provided. Hours and days of the week will vary. Weekend and evening hours will be required. You are under direct supervision of the full time CTRS on staff in the PALS Department.

PALS offers internships to undergraduate and graduate students studying:

- Recreation Therapy
- Community-Based Recreation
- Recreation for Special Populations
- Psychology
- Sociology
- Physical Education
- Kinesiology
- Other related fields

PALS Internship Duties

Your internship will include but is not limited to the following duties:

- Attending The Arc of San Diego's staff training
- Attending PALS department orientation
- Shadowing and assisting the CTRS in all general areas of their job description
- Assessing, planning, implementing, and evaluating participants
- Programming, planning, and implementing activities
- Assisting with community outreach
- Attending individual evaluations
- Creating an intern project based on the needs of the organization and interest of the intern
- Driving Arc vehicles
- Completing college course credit requirements
- Maintaining intern professional standards and protocols
- And all other duties as assigned

For further information please contact:

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