

International internship program

Restore rainforests. Learn from nature. Leave a legacy.

RESTORE THE LEGACY

What do *you* want to leave behind?

Applicable to 2026 intakes

restorethelegacy.world

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About Restore the Legacy

Restore the Legacy is a Dutch non-profit foundation dedicated to restoring and protecting rainforests in Indonesia.

“We restore and protect rainforests in Indonesia.”



We believe conservation can only succeed when healthy ecosystems and healthy communities grow together. Therefore, our projects combine rainforest restoration, biodiversity conservation, regenerative agriculture, environmental education, and sustainable livelihood development.

Our work takes place in some of Indonesia’s most beautiful landscapes, ranging from the mountains of Bali to remote rainforest regions in Borneo.

As an intern, you become part of that mission. Not observing from a distance, but actively contribute to real conservation projects while learning from the ecosystems, communities, and people working on the ground every day.

Internship opportunities

We primarily welcome students with backgrounds in:

- Environmental Science
- Ecology
- Forestry
- Conservation Biology
- Tropical Forestry
- Biodiversity & Ecosystem Management
- Nature Conservation
- Agroforestry
- Related environmental studies

We strongly believe that people learn best when they work on topics that genuinely spark their curiosity. For that reason, internships at Restore the Legacy are often highly personalised.

We encourage students to think carefully about their learning goals before applying. During the intake process, we will explore together how those goals can be connected to ongoing projects, research questions, and field activities.

Examples of internship directions include:

- Biodiversity monitoring
- Tropical forest ecology
- Ecosystem restoration
- Forest succession
- Agroforestry systems
- Soil health and regeneration
- Water systems and watershed restoration
- Species inventories
- Forest monitoring methodologies
- Carbon and biodiversity measurements
- Community-based conservation
- Sustainable livelihood development



Internship opportunities

No two internships are exactly the same.
The more clearly you understand what you would like to learn, the easier it becomes to create a meaningful and rewarding internship experience together.

Internship duration & start dates

Our standard internship program runs for 20 weeks (approximately 5 months)

To align with most university semesters, we offer two primary intake moments per year:

- February
- September

These intake periods allow us to organise onboarding, field introductions, supervision and student support effectively.

We understand that not all universities follow the same academic calendar. If your internship requires a different start date, duration or structure, we are happy to discuss alternative options whenever possible.

Whether you are looking for a shorter field placement, a longer research internship, or a customised arrangement linked to specific university requirements, we encourage you to contact us to explore the possibilities.

Nature & Culture

Indonesia is one of the most biodiverse countries on Earth.
Our projects are located in rural communities where nature and daily life remain deeply connected.

Students should expect:

- Tropical climates
- Mountain environments
- Remote locations
- Different cultural norms
- Simpler living conditions than in Europe
- A slower pace of life







This experience is often as much about personal growth as academic learning. Respect for local communities, customs, religions and cultural traditions is essential. Students who embrace curiosity, flexibility and openness often gain the most from their time here.

Supervision & guidance

Internships require a balance between guidance and independence. Students are expected to take ownership of their own learning process, research projects, university assignments and deadlines.
To support this process, Restore the Legacy provides:

Weekly (online) academic guidance session

Each student receives one dedicated guidance session per week to discuss progress, challenges, research questions and learning objectives.

Local Project Support

Our project leaders have extensive experience working in rainforest restoration, conservation projects and local community initiatives. They are fluent in English and available to help students navigate both practical and project-related questions. Project leaders will be available at least twice per week at the project hub for:

- Research discussions
- Project guidance
- Networking opportunities
- Environmental questions
- Local context
- General support

Students are also welcome to reach out between scheduled meetings whenever necessary.

Forest safety guide

Whenever students enter forest areas where guidance is required, they will be accompanied by an experienced local field guide. The primary responsibility of the field guide is student safety while working in and around forest environments.



Accommodation

Accommodation is provided through carefully selected local homestays in Balinese compounds. Students stay with local families who welcome them as a temporary part of the family during their time in Indonesia. This offers a unique opportunity to experience daily village life and gain a deeper understanding of local culture.

Participation in family activities is entirely optional. Some students enjoy immersing themselves in local traditions, while others prefer more independence. Both approaches are perfectly acceptable. Accommodation is comfortable but simple.

Family Compounds
Many Balinese families live in family compounds: several small buildings surrounding a shared family courtyard. Students typically stay in a private guest room within the compound.

Students can generally expect a private space with a bedroom and bathroom, a small refrigerator, and access to shared outdoor spaces. This setup offers a unique balance between privacy, independence, and cultural immersion.



The hub

Students have access to a shared space for working, studying, and meeting fellow interns. The internship hub is located within approximately 10 minutes walking distance from the accommodation and provides stable internet access, workspaces, meeting facilities, and a café and restaurant serving excellent coffee sourced from our own restoration projects alongside delicious local meals.

Please note that internet quality may occasionally vary in rural areas and during adverse weather conditions. Students should be prepared for occasional interruptions outside the hub.



Internship contribution 2026

The internship contribution is €175 per week.
This includes:

- Accommodation in a local homestay
- Local supervision and support
- Academic guidance sessions
- Access to project activities
- Forest access where applicable
- First-week orientation program

A typical 20-week internship therefore costs €3,500



Costs Not Included

Students are responsible for arranging and paying for:

- International flights
- Airport transfers
- Local transportation
- Visa fees
- Travel insurance
- Health insurance
- Personal expenses
- University fees
- Optional meals*

*Students may often join meals with their host families for free. These meals are simple local family meals and provide a wonderful opportunity to experience Indonesian daily life.

Arrival & onboarding

All students participate in a structured introduction program during their first week. This introduction includes:

- Welcome and orientation
- Project introduction
- Safety briefing
- Introduction to the local environment
- Introduction to local culture and customs
- Practical information for daily life
- Meet-and-greet with project staff and fellow students

Students may also choose an optional arrival support package.
For Bali, expected costs 2026 are €750

This may include:

- Visa assistance
- Airport pickup
- Transportation to accommodation
- Initial practical support and guidance

For Borneo, costs depend on the exact project location.
Due to the remoteness of some project sites and the longer travel distances involved, costs can be higher but generally do not exceed €1,000. Detailed information will be provided upon request.

Important Information

Before travelling to Indonesia we advise you to consult your local public health authorities for the latest recommendations and requirements.

Furthermore please ensure you have the following:

Insurance

- Health insurance covering long-term international stays
- Travel insurance
- Personal liability insurance where applicable

Driving

Some students choose to use motorcycles during their stay in Bali. Please note that many vehicles commonly referred to as "scooters" in Indonesia legally fall under motorcycle categories. Restore the Legacy will only facilitate motorcycle rental if students can provide:

- A valid motorcycle licence
- An International Driving Permit covering the appropriate motorcycle category

Students remain fully responsible for their own transportation choices.

Transportation

Students are free to choose how they travel during their stay.
For those who do not hold a valid motorcycle licence, we recommend using ride-hailing services such as Grab or Gojek, which are widely available throughout most parts of Bali.

Upon arrival, students will also receive recommendations for trusted local drivers and transportation providers.

Many students find that using these services is a convenient, affordable and safe way to travel without the responsibility of driving themselves.

Health & Safety

Students should be comfortable with:

- Tropical climates
- Outdoor fieldwork
- Uneven terrain
- Forest environments
- Remote project locations

Some project locations require walking on steep terrain, muddy trails and uneven forest paths. A reasonable level of physical fitness is recommended.

We strongly recommend bringing:

- Lightweight long trousers
- Appropriate hiking shoes
- Lightweight field clothing
- Rain protection
- Sun protection
- Insect repellent
- Reusable water bottle
- Personal medication

We also advise students to consult their local travel clinic or physician regarding recommended vaccinations and health precautions for long-term travel in Indonesia.

Conservation & research ethics

Students are expected to follow all conservation, wildlife welfare and research ethics guidelines provided during their internship.
Respect for wildlife, local communities and natural ecosystems is fundamental to all activities carried out by Restore the Legacy.

Emergency support

Upon arrival, students will receive emergency contact information, including project staff details, local emergency services, nearby healthcare facilities, and relevant transportation contacts.

What we hope you take home

We hope you leave Indonesia with new scientific knowledge, practical field experience, a deeper understanding of ecosystems, meaningful cultural experiences, lifelong friendships, and the satisfaction of contributing to real rainforest restoration.

More importantly, we hope you leave with a new perspective. A better understanding of how nature functions, how communities and ecosystems are interconnected, and how conservation looks beyond textbooks and classrooms.

For many students, the most valuable lessons are not always the ones they came for. They are found in the conversations, challenges, landscapes, and experiences encountered along the way.

Nature has a lot to teach us.
We look forward to learning together.



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Restore the legacy

Restore the Legacy restores and protects tropical rainforests by bringing together communities, science, and nature.

Questions?

Email us at:
internships@restorethelegacy.world



Scan for our website