

# 2017 NYC SUMMER INTERNSHIP PROGRAM

## PARKS & RECREATION-097

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### AGENCY DESCRIPTION

The New York City Department of Parks and Recreation manages 14 percent of the land in New York City. These assets range from playgrounds and large parks, to tranquil wooded areas and more than 14 miles of beaches. Parks serve as New Yorkers' backyards, as vital meeting areas for outdoor play and recreation – but also as critical engines for economic growth and development.

NYC Parks' mission is to plan resilient and sustainable parks, public spaces, and recreational amenities, build a park system for present and future generations, and care for parks and public spaces to benefit New Yorkers across the five boroughs.

Through an effort to improve the quality, accessibility, efficiency and sustainability of our city parks by increasing investment in underserved neighborhoods and expanding parkland: NYC Parks' **Community Parks Initiative**, at the center of the Mayor's plan, is completely redesigning and reconstructing dozens of parks in neighborhoods across the city with the greatest needs—35 of which are nearing the construction phase.

NYC Parks is also leading in innovative park design with **Parks Without Borders**, a new design approach that focuses on improving park entrances, edges, and spaces adjacent to parks. By extending parks into communities, Parks Without Borders will improve New Yorkers' access to quality parks.

Ongoing work to care for our parks has:

- Reconnected the City's two most northern boroughs, Manhattan and The Bronx, when NYC Parks' historic High Bridge was reopened.
- Re-energized Flushing Meadow Corona Park in Queens, one of New York's largest parks, drawing visitors from around the globe.
- Reinforced our commitment to growing greenspaces by meeting our goal to plant 1,000,000 trees.

The work of the agency goes far beyond the maintenance of New York City's nearly 30,000 acres. Parks is the City's leading programmer of cultural, athletic and social activities, including nature walks, concerts, learn-to-swim classes, sports clinics, historic house tours, and much more. Each year Parks hosts annual events such as WinterJam, Adventures NYC, and the Fall Field Day. In addition, Parks produces many special events, concerts and movie premieres, as well as providing free rental equipment for skating, baseball, and miniature golf.

The Parks Commissioner is appointed by the Mayor to oversee and direct the work of the agency. The Commissioner appoints Deputy Commissioners, Borough Commissioners, and Assistant Commissioners who are responsible for managing the agency's divisions. These senior officials supervise the work of thousands of Parks employees. They work with elected officials to complete capital improvements for parks, playgrounds, and recreation centers. They work with the private sector to sponsor free public events. They get the community involved in Parks through volunteer initiatives and educational and athletic programming in recreation and nature centers. They prepare Parks' budget and monitor the work of Parks' ice-skating rinks, golf courses and other concessions.

### UNIT DESCRIPTION

NYC Parks' mission is to enable all New Yorkers to lead physically active and intellectually challenging lives through sports, fitness, outdoor adventure, technology, education, and the arts.

Parks offers a wide array of recreation programming for community youth, teens, adults, seniors and families. There are 36 NYC Parks' Recreation centers as well as hundreds of events and programs that NYC Parks' Recreation Division hosts annually throughout Brooklyn, Queens, Manhattan, Staten Island and the Bronx.

### POSITION TITLE

Worksite Wellness Intern

### INTERNSHIP RESPONSIBILITIES

NYC Parks is in the early stages of developing a worksite wellness program, starting with an employee interest survey in spring 2017. This intern will work closely with the Director of Citywide Fitness in coordinating and implementing a variety of wellness activities requested by employees, held at NYC Parks' worksites throughout the five boroughs. The intern will be responsible for delivering workshops on the following topics:

- Hypertension
- Diabetes Prevention or Management
- Self-care and stress management

- Sun safety
- How to shop for fresh produce
- How to lower cholesterol
- Incorporating more physical activity into the workday
- Healthy eating
- Caring for a loved one with a chronic condition
- Hydration

The intern will assist in identifying existing resources and new partners that can be mobilized for additional worksite wellness activities. Interns may also be asked to gather, collect and analyze program data and participate in agency special events.

### **QUALIFICATIONS / SPECIAL SKILLS / AREAS OF STUDY**

Applicants for this position must demonstrate good analytical skills, excellent organizational and outreach skills, strong writing skills, and have good working knowledge of Microsoft Windows, Excel, Access and PowerPoint. Health and wellness experience preferred. Applicants must be able to work both independently and in a team setting and have strong interpersonal skills. Applicants must be willing to travel via public transportation throughout New York City.

College majors from a variety of disciplines welcomed, including, but not limited to: Nursing, Public Health, Health Sciences, Nutrition, Public Administration, Recreation Management, Public Relations..

### **APPLICATION PROCESS**

Please email cover letter and resume to [Leslie.Nusblatt@parks.nyc.gov](mailto:Leslie.Nusblatt@parks.nyc.gov)

### **SALARY RANGE**

Unpaid