

Internship Application Form

1. Personal Information

- Full Name: _____
- Date of Birth (DD/MM/YYYY): _____
- Gender: ☐ Male ☐ Female ☐ Other ☐ Prefer not to say
- Nationality: _____
- Passport / CNIC Number: _____
- Email Address: _____
- Contact Number (with country code): _____
- Permanent Address: _____
- Current Address (if different): _____

2. Academic Background

- Current Status:
 - ☐ Undergraduate Student
 - ☐ Postgraduate Student
 - ☐ Recent Graduate
 - ☐ Early-Career Professional
- Field of Study / Specialization: _____
- Institution / University: _____
- Graduation Year (if applicable): _____
- Relevant Courses or Research Work: _____

3. Internship Program Details

- Duration
 - ☐ 3 Months
 - ☐ 6 Months
- Mode of Internship
 - ☐ In-Person (Islamabad HQ)
 - ☐ Online (Global Access)
- Preferred Starting Date: _____

4. Area(s) of Interest (Select up to 3)

- ☐ Education
- ☐ Youth Empowerment
- ☐ Gender Equality & Women's Rights
- ☐ Child Protection
- ☐ Public Health
- ☐ Poverty Alleviation
- ☐ Climate Resilience & Environment
- ☐ Humanitarian Response & Refugees
- ☐ Peace, Justice & Strong Institutions
- ☐ Other: _____

5. Skills & Competencies

- ☐ Research & Report Writing
- ☐ Policy Analysis
- ☐ Advocacy & Campaigning
- ☐ Communication & Media Outreach
- ☐ Project Management
- ☐ Event Organization & Facilitation
- ☐ Community Engagement
- ☐ Monitoring & Evaluation
- ☐ IT / Digital Skills
- ☐ Other: _____

6. Areas of Assignment (Select preferred type of work)

- ☐ **Research & Policy Analysis** – Conduct desk research, policy reviews and prepare reports on human rights related issues.
- ☐ **Advocacy & Campaigning** – Assist in awareness campaigns, advocacy strategies and public mobilization.
- ☐ **Fieldwork & Community Engagement** – Support local outreach programs, data collection and direct engagement with communities.
- ☐ **Program & Project Support** – Contribute to project planning, implementation and monitoring activities.
- ☐ **Communications & Media** – Support content creation, graphic designing, social media campaigns, publications and media engagement.
- ☐ **Capacity Building & Training** – Assist in workshops, training programs and youth engagement initiatives.
- ☐ **Monitoring & Evaluation (M&E)** – Help in developing evaluation tools, tracking project outcomes and preparing impact assessments.

☐ **Administrative & Organizational Support** – Assist in coordination, documentation and organizational tasks.

7. Motivation & Suitability (*max. 200 words each*)

1. Why are you interested in joining PIHRO's Internship Program?

2. Which human rights are you most passionate about and why?

3. What skills or knowledge do you bring that will contribute to PIHRO's mission?

4. How do you plan to apply the experience gained at PIHRO in your academic, professional or community work?

8. Professional & Volunteer Experience

Please provide details of any relevant work, internships or volunteer experience:

- Organization: _____
- Role / Position: _____
- Duration: _____
- Key Responsibilities: _____

9. References

Provide details of one academic or professional referee:

- Full Name: _____
- Position / Title: _____
- Organization: _____

- Email: _____
- Contact Number: _____

10. Code of Conduct for PIHRO Internees

As PIHRO internees, we commit to:

- Promote dignity, equality, inclusivity, and non-discrimination.
- Maintain professional integrity and work honestly, responsibly, and ethically.
- Protect sensitive information and use resources only for PIHRO purposes.
- Treat colleagues, supervisors and beneficiaries with courtesy; avoid harassment, bullying or hate speech.
- Complete tasks on time, seek guidance when needed and actively contribute to PIHRO's mission.
- Adhere to PIHRO's Constitution, policies and supervisors' instructions.

Note: Violation of this Code may result in disciplinary action or termination of internship.

11. Declaration

I certify that the information provided in this application is accurate and complete. I understand that this internship is unpaid, educational in nature, and does not constitute an employment contract.

Signature (if physical form): _____ Date: _____

☒ I agree to abide by PIHRO's rules, regulations, and professional code of conduct.

12. Submission Instructions

Please submit the completed form along with:

- Submit the completed form via email to:
- Attach required documents: CV, copy of ID/Passport and academic transcript (if applicable).

Submit via Email: info@pihro.org