



FRONTIER NURSING UNIVERSITY

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COURIER PROGRAM

RURAL HEALTH INTERSHIPS

SERVE OTHERS.

DISCOVER NEW FRONTIERS.

EMBODY THE LEGACY.



What is the Courier Program?

A service learning internship distinguished by its legacy and the adventuresome nature of our site placements. Sites include rural health clinics and birth centers in Appalachia - as well as outpost locations across the country. Eight week internships last from June to August each year.

What is the legacy of the Courier Program?

In 1928, Mary Breckinridge, founder of Frontier Nursing University established the Courier Program, recruiting young people to come work in the Kentucky Mountains and learn about service to humanity. Couriers escorted guests safely through remote terrain, delivered medical supplies to remote outpost clinics, and helped nurse-midwives during home visits and births. Frontier has benefited tremendously from the 1500 Couriers who have served since 1928.

Who can participate?

Applicants should be interested in public health, health care, social work or a related field, share a commitment to Frontier's mission of serving the rural and underserved and be ready for an adventure! We prefer that applicants be at least 20 years of age and have completed two years of higher education.

Mary Breckinridge affected me more than anyone I knew in my lifetime other than my family. She inspired us to work hard, to love what we were doing and to love any kind of people. And [being a Courier] was just so much fun.

- Florence Rawleigh,
Courier, 1940s

What will I do as a courier?

Responsibilities will vary by site. At all of our sites, you will:

- Assess your community, paying particular attention to health equity issues
- Shadow clinicians in their work with patients
- Perform volunteer duties to meet critical clinical needs
- Engage directly with the community through secondary project(s)

What will I gain by participating?

- An adventure!
- Insight into the healthcare sector and the challenges and opportunities of public health work in underserved communities
- Vocational mentorship from FNU alumni
- Personal growth including responsibility, accountability, and working in a team
- Experience working with diverse populations
- Reputable internship experience for resume building

No doubt, you'll drive to Wendover and think you're on the wrong road. It's barely one lane and seems like it could come to an abrupt end at any second. Then, out of nowhere, the original Frontier Nursing Service compound peeks down on you from a rocky, green slope above. With the Middle Fork of the Kentucky River rolling on your right, you turn left up the gravel drive. This is where the adventure begins.

-Amanda Strauss,
Courier, 2009

To learn more or to apply:

WWW.FRONTIER.EDU/COURIER or COURIER.PROGRAM@FRONTIER.EDU