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Nicaragua has some of the most pressing gender-related problems in Latin America. In the agriculture-based economy, women are largely in charge of the labor-intensive tasks of maintaining the household – carrying water, collecting fuel wood, childcare, agricultural production, and market work. These necessary duties receive little cultural respect and social resources. Intra-familial violence and sexual violence are rampant, so that in 2005, there were 55,000 reported cases of violence against women. However, it is known that many cases remain unreported and unresolved due to social stigma and legal inaction that is attached to this type of abuse. Health and reproductive rights are another huge issue for women in Nicaragua. Teen pregnancy rates are so high that one in four female adolescents becomes pregnant. In addition, the maternal mortality rate is one of the highest in the hemisphere, mostly because of a lack of pre-natal care.

To combat violence, support gender equality, and promote economic balance, both women and men need gender awareness and equity education beginning in childhood and lasting through adulthood. FSD interns and volunteers assist in a broad range of education, awareness and empowerment campaigns to provide services for families affected by intra-familial and sexual violence. FSD supports agencies with services that include legal aid and counseling, psychological support, health programs, shelters, job training, micro-enterprise workshops, and loans to begin or sustain micro-enterprises. These initiatives aim to offset cultural habits that are decaying Nicaragua's culture and its people.

Internship/Volunteer opportunities in women's empowerment in Nicaragua include:

- Support women running in popular elections and/or help to nominate them into public offices. Assist political lobbying for women's economic and social demands in government institutions, political parties and civil society as a whole.
- Work in a women's health clinic focused on reproductive health counseling, prenatal and postnatal care, and breast-feeding promotion. Support the pediatrics division focusing on hydration, vaccinations, and methods to prevent malnutrition in children.
- Provide psychological help through counseling and intervention for those overcoming addiction and intra-familial violence.
- Conduct workshops and awareness campaigns that foster equal rights between sexes and encourage women to assume more positive roles at home and in the community by helping them first learn to value themselves and their decisions.
- Support expansion of an FSD project that is building a women's community market for local entrepreneurs.
- Resource women with legal education, support, and awareness of their rights in order to combat intra-familial violence.
- Offer training modules for women and their families on topics such as nutrition, hygiene, diarrhea-prevention, and contraception while promoting empowerment.

For more opportunities in women's empowerment in Nicaragua, visit our website or contact us directly.