



THE NATTIKA BEACH  
AYURVEDA RESORT

INTERNSHIP PROGRAM

# Internship opportunity in India

## Namaste!!

### Are you interested in a 6 months internship in Kerala, God's Own country?

We, from the Nattika Beach Ayurveda resort in Thrissur are seeking motivated and open-minded trainees studying international tourism management or other Tourism related courses. Since our resort is focused on providing authentic Ayurveda therapies, and also because most of our guests are European and are booking Ayurveda packages, an internship at our resort will offer a great experience for students majoring not only in hospitality but also in health tourism management.

If you are not only interested in gaining professional experiences in Tourism Management but also to get in touch with the Indian culture, its work and lifestyle you are very welcome to send us your application documents

### Internship Program

The interns selected to train at the Nattika Beach Resort will focus on departments such as Front Office, Ayurveda, Reservations and Accounts.

The major responsibility will be Guest relations i.e. handling guest inquiries, assistance in translation during guest consultations with the doctors, translation of any documents or written materials, coordinating guest services with all departments, taking part in daily activities and sightseeing excursions.

Interns will play a huge role as a facilitator between the guest and the management.

The internship duration period are expected to be 5-6 months.

### Privileges

- ▶ A well-appointed single room accommodation located in the walking distance of resort.
- ▶ Monthly stipend of 100 euro.
- ▶ Opportunity to experience the Ayurveda treatments.
- ▶ Taking part in daily yoga sessions
- ▶ Full board Ayurveda meals from the restaurant.
- ▶ Monthly 5 days holiday which can be either taken on weekly basis or it can be accrued and taken together.
- ▶ Beach facility
- ▶ Opportunity of travelling to new sightseeing locations.

---

If you are interested in taking up this internship, you are requested to send your Bio data and experience certificates to [reservation@thenattikabeach.com](mailto:reservation@thenattikabeach.com) or [joseph.kodath@thenattikabeach.com](mailto:joseph.kodath@thenattikabeach.com)

'We ensure you a great and fun-filled learning experience'.

For more details about the resort log onto [www.thenattikabeach.com](http://www.thenattikabeach.com)

# Praktikumsmöglichkeit in Indien

## Namaste!!

### Sind Sie an einem 6-monatigen Praktikum in Kerala, dem eigenen Land Gottes, interessiert?

Wir, vom Nattika Beach Ayurveda Resort in Thrissur, suchen motivierte und aufgeschlossene Auszubildende, die ein internationales Tourismusmanagement oder andere tourismusbezogene Kurse absolvieren. Da sich unser Resort auf authentische Ayurveda-Therapien konzentriert, und auch weil die meisten unserer Gäste Europäer sind und Ayurveda-Pakete buchen, wird ein Praktikum in unserem Resort eine großartige Erfahrung für Studenten sein, die sich nicht nur mit Gastfreundschaft, sondern auch mit Gesundheitstourismusmanagement beschäftigen.

Wenn Sie nicht nur berufliche Erfahrungen im Tourismusmanagement sammeln möchten, sondern auch die indische Kultur, Ihre Arbeit und Ihren Lebensstil kennen lernen möchten, können Sie uns gerne Ihre Bewerbungsunterlagen zusenden.

### Praktikumsprogramm

Die Praktikanten, die für die Ausbildung im Nattika Beach Resort ausgewählt werden, konzentrieren sich auf Abteilungen wie Front Office, Ayurveda, Reservierungen und Konten.

Die Hauptaufgabe liegt in der Gästebetreuung, d.h. die Bearbeitung von Gästeanfragen, die Unterstützung bei der Übersetzung bei Gastgesprächen mit den Ärzten, die Übersetzung von Dokumenten und Schriftstücken, die Koordination der Gästeservices mit allen Abteilungen, die Teilnahme an den täglichen Aktivitäten und Besichtigungsfahrten.

Praktikanten werden eine große Rolle als Vermittler zwischen dem Gast und dem Management spielen.

Die Dauer des Praktikums wird auf 5-6 Monate geschätzt.

### Privilegien

- ▶ Eine gut ausgestattete Einzelzimmerunterkunft in Laufnähe des Resorts.
- ▶ Monatliches Stipendium von 100 Euro.
- ▶ Gelegenheit, die Ayurveda-Behandlungen zu erleben.
- ▶ Teilnahme an täglichen Yogastunden
- ▶ Vollpension Ayurveda-Mahlzeiten aus dem Restaurant.
- ▶ Monatlicher 5-Tage-Ferienaufenthalt, der entweder auf Wochenbasis genommen oder aufgelaufen und zusammengenommen werden kann.
- ▶ Sie können auch die Strand-Einrichtungen genießen.
- ▶ Möglichkeit der Anreise zu neuen Sehenswürdigkeiten.

---

Wenn Sie an diesem Praktikum interessiert sind, werden Sie gebeten, Ihre Biodaten und Erfahrungszertifikate an [reservation@thenattikabeach.com](mailto:reservation@thenattikabeach.com) oder [joseph.kodath@thenattikabeach.com](mailto:joseph.kodath@thenattikabeach.com) zu senden.

Wir garantieren Ihnen eine großartige und unterhaltsame Lernerfahrung.

Für weitere Informationen über das Resort besuchen Sie bitte [www.thenattikabeach.com](http://www.thenattikabeach.com)

# Testimonial about my internship at the Nattika Beach Ayurveda Resort



Hello and Namaste everybody! My name is Lylaf Hajymohamad and I am a student of the THKöln (University of Applied Sciences Cologne) in Multilingual Communications. My course of study includes a mandatory semester abroad and it was very clear to me that I did not want to spend that somewhere in Europe. From a very young age I had been drawn to the Indian subcontinent, the very cradle of civilisation, and its various facets. So, when I stumbled upon this internship offer looking for a place to host me during my time abroad, I could not believe how lucky I got, and I submitted my application two weeks later, had the interview in early January 2021 and received a positive reply very soon afterwards for an internship from October 2021 to March 2022. Now to get to the nitty gritty:

In the 5 months that I spent here I went through several departments such as Front Office, Ayurveda, Kitchen, Gardening, learned about their processes and making contributions to the team either in the form of assistance or sometimes even as the one carrying the responsibility for the success of a project. Activities such as the cooking lessons, the tea-time get together, the bonfire at the beach or the vast array of outdoor trips and on-site tours to our gardens were frequently accompanied by me. A big part of my work here was translating documents, as well as interpreting for both the guests and the resort; Guest Relation play a huge role at the resort. As this is an Ayurveda resort, the treatments and doctors consultations are essential to the people that stay here. During the first and final doctors and diet consultations I interpreted for the guests, especially the ones who did not speak English well enough, and made sure they can tell all they need to the doctors before the treatments start and also be told all they have to by the doctors.

Many of the guests who visit have been here multiple times (so-called Repeater Guests) and appreciate the quality and level of personal care and friendliness which they provide here at Nattika. I was in fact the reference person to all foreign guests and especially the German speaking ones. I believe that if you talk to someone in a language they understand, that goes to their head. If you talk to them in their own language, that goes to their heart, so naturally the Germans, Swiss and Austrians become quite attached to the Intern during their 2-3 weeks stay.

Since I came here during the worldwide COVID pandemic I was provided with a room inside the resort, to maintain a “safety bubble” inside our resort. Of course this also meant that travelling to neighbouring states and exploring the Dravidian south of India was not possible in the same way as it was in the past or may again be in the future. Thankfully though, Kerala has a lot to offer and there are literally hundreds of breath-taking experiences to have and places to see.

During my time here at Nattika I got to learn a lot about Hotel and Guest Relations Management, about how one can accomplish and achieve anything, even with the scarcest of resources and how being fast-paced and rigid in structures doesn't always allow you to offer the best possible service, neither to yourself nor to the people around you.

I will never forget the time I spent here in Kerala, getting to know some of the most lovable people ever, spending the winter in a tropical paradise, eating mouth-watering food, learning about myself and my values and most importantly becoming aware of the privilege the Western World and its societies live in. I am deeply humbled.

Jai Kerala! Namaste.

# Testimonial about my Internship in India

Engaging into an internship-experience with “Nattika Beach Resort” in Kerala – God’s own country – does belong to the most fulfilling and enriching experiences of my life, so far. Due to globalisation in our modern world, working in diverse, multicultural teams becomes one of the key assets in today’s business world. As part of an Indian Team you will gain insights into the general hospital operations like front-office, back-office and reception as well as the Ayurveda centre on the other side. As a student of International Tourism Management with a special focus on Health & Medical tourism it was the perfect place to gain practical knowledge in both the areas of tourism and Health. If you’re keen on getting intercultural work experience in a family-owned business targeting mainly the European market with Germany, Austria and Switzerland and acting as the main intermediary between guests and the resort then what are you waiting for? An interest in eastern philosophies, yoga, meditation and Ayurvedic therapies should be a must-have, as you will get valuable insights into these areas too, which will further enrich your overall experience.

## What you get out of it?

Applying your theoretical knowledge into a practical setting, improving your communication and problem-solving skills by taking care of all guest matters and complaints on a daily basis as well as knowledge in terms of how to run a hospitality business in India with a strong focus on service performance and Customer Relationship Management. Everyone, who travelled within India knows already, that no one is better in offering hospitality than Indians as they are the most loving and kind people I have seen so far. A guest, no matter which colour or race is always treated like a King! Where else to learn this best and at the same time engaging into ancient Indian culture, visiting typical Indian festivals and accompanying guests on trips offered by hotel management. Plus, the beach invites for swimming all day (if you’re not planning to go during monsoon season), whether in the mornings before work or after you get your tasks done.

## What you should consider before applying?

If you’re not patient, you will learn it here in India as the work pace is less clocked and synchronized than in the western world. Though you might work longer hours than you are used to at times, but definitely in a more chilled way and socialising with your newly found colleagues. And take enough time upfront for any visa preparations necessary, as there might be some bureaucratic obstacles in your way. Other than that, best of luck!



**Thomas Pfund**  
(Bachelor in International  
Tourism Management /  
Health & Medical tourism at  
Deggendorf Institute of Technology)

# Testimonial about my Internship in India



My name is Sarah Kurze and I have been studying International Tourism Management with the major field Controlling and Health Tourism since the WS 2009. I decided to attend my internship abroad during the fourth term in the field of Health Tourism and spent these 20 weeks at the Nattika Beach Ayurveda Resort in Kerala, South India. Since I was not aware about the Ayurveda before and I was also interested in the country and its culture itself, my expectations were not only concerning the professional and the work experiences. Moreover I hoped to get to know the specialties of health tourism service providers, possible trends or developments also for the German / European Health Tourism market, the different tasks in every department of a resort and especially the traditional Indian science of life: Ayurveda.

My internship at the Nattika Beach Resort made it possible to me, to fill all my expectations and also gave me the possibility to learn Yoga, to visit the Coconut Bay Resort and to experience Ayurveda treatments.

I spent the first three months at the Front Office and was able to get a overview of the whole resort and its departments, staff and processes quickly. After a short period of time, I handled the check in procedure on my own, showed guests and property visitors around, overtook the room check in, learned how to write and collect bills, to take phone calls and to coordinate as well as helping with translations and translated brochures and others into German. I also got to know the reservations and the bookings, supported my colleague by assisting the mainly German speaking guests, accompanied guests or organized trips, helped them as a “German spokesperson” and interpreted during consultations with the doctors.

After a particular time, I was able to lead and to look after projects and tasks, for example the creation of a cookbook or the organization of an information show about Kerala. Thus I not only got to know the tasks and problems of the job as a manager, but also got an insight into the Indian method of working and mentality.

Afterwards I continued my internship at the Ayurveda Centre, helped with the interpretations, learned about the organizational processes and also the medical aspects by getting to know the concept of Ayurveda, the treatments, medicaments and therapies.

And also I used my Controlling skills at the accounts department. By getting an insight into the costs and sales, I had a project comparing the different company profits of the high and low season.

As I wished I also spent one week at the kitchen to learn many Indian dishes, specifically the different styles of preparation of dishes for the Ayurveda guests, which are following an Ayurvedic vegetarian diet.

Finally I can recommend a traineeship at the Nattika Beach Resort to all the students, who are not afraid of a cultural shock and who are willing to get involved in foreign cultures and unknown philosophies. The staff were always helpful and friendly, everyone tried to make my stay not only pleasant, but also efficient for me. Especially the management of the resorts valued the job as a trainee a lot and always tried to promote me by giving projects and tasks and provided me with management similar tasks.

If you are interested or have any further questions, please feel free to contact me or the Resorts directly.

## **Sarah Kurze**

Studying at FH Westküste, Heide  
sarah.kurze@web.de

# Testimonial about my Internship in India

My name is Lea-Katharina Kolar, I am 23 years old, studying Tourism Industry at the Jade Hochschule Wilhelmshaven and majoring in Hospitality Management and Health Tourism.

I started my 6 months internship in September 2014 and - to be very frank - I wasn't preparing myself properly before coming to India. Suddenly, one day before starting into the new adventure, I got a little scared and asked myself what I was even thinking when deciding to go to India for 6 months?!

After arriving at the Cochin airport in the middle of the night, facing hundreds of people waiting in front of the building and literally staring at each and every person who is coming out of the airport, I luckily found my driver who brought me to the Resort. After staying at the Resort for one day and just getting to know the property, I started working very soon and became a member of the Front Office Team easily. For sure every now and then there were some difficulties which I had to face at the beginning but I was able to catch up very quickly. Mostly I was engaged with preparing and handling the check-ins, welcoming the guests and guiding them to their rooms, as well as working with the hotel software, learning how to register the guest into the system as well as how to do the billing for the check out. Working together closely with other departments such as housekeeping, restaurant, accounts, reservations or Ayurveda is needed according to the guests' wishes and requests. Besides that I was responsible for showing the property to travel agents who came in every now and then. Knowing the Resort with all its facilities, room categories as well as the Ayurveda Center and its treatments is absolutely compulsory. With that knowledge I was able to represent the Resort as well as its sister property the Coconut Bay Beach Resort at the KTM (Kerala Trade Mart), a tourism trade fair in Cochin.

After finishing the first three months at the Reception and knowing how the procedures are done, I was shifted to the Ayurveda Center mainly for translations and Guest Relations. Especially during the first consultations - the doctors are giving a brief introduction about Ayurveda and the guests can tell their medical complaints - I was a big help to some of the guests, mostly for them who are not speaking English well. For a better understanding of the subject I was able to get the real Ayurveda experience when undergoing the massages myself from a very close range.

Further I was able to bring in my own ideas and helped introducing the weekly activities such as conducting the Tea Time/ Get together every Thursday afternoon. Also I was responsible for creating a new Trip Brochure, including all the write ups in German and English language, as well as taking pictures and doing the final design. I was updating the Resorts Website as well as posting the latest News on Facebook and the Website Blog for both properties, The Nattika Beach and Coconut Bay in German and English language. Especially as a German native speaker the intern is more of a mediator between guests and the management. Whenever there was an upcoming issue or a complaint which had to be solved, I was working together very closely with the General Manager or Director, trying to satisfy the guests' wishes, discussing and finding solutions.

All in all I can say that a lot of tasks and responsibilities were given to me. I am very much thankful for the great opportunity and that the Management was having that much faith in me. Overall I have to say that the past 6 month were one of the best things that ever happened to me. I met a lot of interesting people (guests as well as colleagues), learned a lot about myself and got a good insight into the hospitality field as well as Ayurveda.

I want to thank everyone who made my stay that special, since I got rewarded with an incredible and memorable time which I will never forget. Because of all this I can only recommend doing an internship abroad (especially at the Nattika Beach Ayurveda Resort) since it might not only widen your view to certain aspects and give you more experience within the hotel business but also it will give you a good insight into a different culture and lifestyle.

If you are interested into an internship or if you any further question please don't hesitate and feel free to contact me (lea.k.kolar@web.de) or the Resort directly.



**LIA KOLAR**

Tourismuswirtschaft at Jade Hochschule

# Testimonial about my Internship in India

“My internship in the Nattika resort was unforgettable. I was directly a part of the Nattika family and everybody was so friendly. In the Ayurveda centre, I learned so much about Ayurveda and the treatments. The work at the reception / front office & guest relation was also very interesting. I will never forget the experience and all the lovely people! Namaskaram!”







**EVA FULLER** - University of Stellenbosch



**Anna Victoria** - B.A in Tourism Management. Hochschule Harz



**Ann-Katherine Littke** - Hochschule für Technik und  
Wirtschaft des Saarlandes in Saarbrücken, Germany



**Manuel Wedler** (Bachelor in International Tourism Management /  
Health & Medical tourism at Deggendorf Institute of Technology)