



V SQUARED
GENERAL CONTRACTORS

**CONSTRUCTION
INTERNSHIP**
INTERNSHIP DESCRIPTION

BUILD REAL-WORLD EXPERIENCE ON ACTIVE RESIDENTIAL JOB SITES

Work directly with the V Squared project team while learning the fundamentals of residential building, project management, and construction operations.

INTERNSHIP TASKS & PROJECTS

- Assist crews with jobsite prep, cleanup, and organization of tools and materials
- Shadow supervisors and learn project management practices
- Track progress with photos, notes, and reports
- Support material deliveries, inventory, and scheduling
- Participate in safety checks and quality control
- Learn to read and interpret blueprints and construction documents

LEARNING GOALS

- Gain practical, hands-on construction skills
- Understand project workflows from planning through completion
- Learn industry safety standards and proper tool use
- Develop project management and communication skills
- Build a small portfolio documenting work and learning

SCHEDULE

7:30 am – 4:30 pm
Some days: 8:30 am – 5:30 pm

AGE RANGE

16–18

PHYSICAL REQUIREMENTS

Climb ladders
Carry/lift 40–80 lbs

DRESS CODE

Closed-toe shoes/boots
Work-ready pants & shirt
No graphics on clothing

MEETING SITE

2441 E 163rd Place Thornton,
CO 80602

PRIMARY CONTACTS

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