

ALL Internships

Monarch Humanities Internship Academy Opportunities – Apply Now!



***Starting Summer 2026, the Mellon Foundation Humanities Internship Award has been increased from \$15 to \$20 per hour for ALL positions.**

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How to Navigate the Document:

- **On a computer:** Use the tabs/outline on the left. Double-click a group name to see all positions.
- **On a phone/tablet:** Tap the ≡ (three lines) or outline icon in the top left to open the list, then tap a group name.
- **Alternatively:** Click a heading in the Table of Contents, or simply scroll until you find the internship group you need.

Contact us today to inquire about these internships and others, as new openings at nonprofits or government agencies may not yet be listed on this form. To qualify, you must be an undergraduate in an [eligible major](#) and enroll either in your department's internship course (DEPT 368) or UNIV 168 (a tuition-free, zero-credit course).

The Monarch Humanities Internship Academy (MHIA) is eager to work with you to find the perfect internship. Contact us today!

Dr. Michael Thompson, MHIA Assistant Director: m3thomps@odu.edu; 757-683-4807

Ms. Kathy Mosier, MHIA Assistant Director: kmosier@odu.edu; 757-683-5133

Dr. Elizabeth Zanoni, MHIA Studio Director: ezanoni@odu.edu; 757-683-3949

Research and Writing

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Policy and Research Fellow Intern

Location: Remote

The Policy and Research Fellow Intern researches and analyzes public policy trends, policy issues, and best practices, producing findings that inform the organization's programs, publications, and advocacy efforts. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Grant Writing Intern

Location: Remote

This position will focus on researching available and applicable grants. Data entry and timeline development for grant proposals. Research, retrieval, and assembly of background material for grant proposals. Drafting letters of inquiry and full grant proposals for submission. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Securing Our Children's Future ([Internship Call Linked Here](#))

Position: Community Outreach / Research Intern

Location: Hybrid (Williamsburg-based nonprofit.)

This internship offers a mission-driven opportunity to support Securing Our Children's Future, LLC in addressing childhood food insecurity across Hampton Roads. Working alongside organizational leadership and community partners, the intern will help advance initiatives that provide weekend backpack meals while strengthening literacy, mentorship, outreach, and community engagement. The role contributes to the organization's mission by expanding its capacity to connect children and families with reliable nourishment, encouragement, and opportunities to thrive when school is out. In return, the intern will gain hands-on experience in nonprofit operations, research, communications, program support, and partnership development; strengthen professional writing, teamwork, and project-management skills; and build meaningful work samples while seeing how community-centered service creates measurable local impact.

Next Step to Success

Grant Writing and Fundraising Intern ([Internship Call Linked Here](#))

Location: In person (Norfolk, VA)

Next Step to Success (NSTS) empowers Norfolk youth ages 13–18 to break the cycle of poverty by building the independent, resilient character needed for lifelong achievement. We provide free after-school (September–May) and full-day summer (June–August) programs that combine academic support, career exploration, and hands-on experiential learning with daily transportation and nutritious meals.

RESET INC ([Internship Call Linked Here](#))

Position: Grant Writing Intern

Location: Chesapeake, VA

RESET INC is a community-focused nonprofit dedicated to empowering individuals and families through outreach, resource connection, and supportive services. Key initiatives include food distribution programs, community events, youth and family support services, and partnerships that address food insecurity and social challenges. The organization is committed to creating sustainable impact by meeting people where they are and fostering opportunities for growth, stability, and wellness.

Vault Strong Foundation ([Internship Call Linked Here](#))

Position: Administrative and Grant Writing Intern

Location: In-person (Vault Athletics & Fitness, 1732 Donna Dr., Virginia Beach)

Vault Strong Foundation is committed to providing access to top-level athletic training for every child who has the desire to participate. Our mission is to serve communities, families, and athletes who are driven to achieve greatness but may lack the financial resources to afford elite trainers or quality fitness facilities.

Top Ten Records - Oak Cliff Records Library ([Internship Call Linked Here](#))

Position: Grant Writing Intern

Location: Remote (with possible weekly in-person meetings on the ODU Campus for onsite students, or remote meetings for offsite students)

Top Ten Records opened in Dallas, Texas in 1956 as a community record shop and concert ticket outlet, selling the most tickets to the Elvis Presley show at the Cotton Bowl that year. Top Ten Records is the longest-running record store in Dallas with a strong history of supporting local and DIY music over the past 60 years. The shop became famous seven years later as the place where Dallas Police officer J.D. Tippit was last seen making a phone call, shortly before he was shot by Lee Harvey Oswald in the Oak Cliff neighborhood. As a 501(c)(3), we're known as Oak Cliff Records Library, but we still prefer to go by Top Ten Records most of the time.

ODU Strome College of Business ([Internship Call Linked Here](#))

Position: Business Research Writer Internship

Location: Flexible depending on student preference (Remote, on-campus, hybrid)

The Business Research Writer internship will provide students with a structured learning experience in professional writing, research communication, and content creation, allowing them to develop industry-relevant skills while contributing to the Strome College of Business's communication and outreach initiatives. This internship helps bridge the gap between academic scholarship and public understanding by making faculty research accessible and engaging for business professionals, community members, and the general public.

ODU Philosophy and Spanish Program, Carranza Translation Project ([Internship Call Linked Here](#))

Position: Research and Translation Interns (multiple positions)

Location: In-person (on campus)

Research and Translation Interns will work with faculty in ODU's Philosophy and Spanish Programs at ODU to support the translation of philosophical texts in their historical and cultural contexts, allowing them to develop industry-relevant skills while contributing to new scholarship in the fields.

Design Thinking Internships, ODU Center for Educational Innovation and Opportunity ([Internship Call Linked Here](#))

Position: Design Thinking Intern at the ODU Innovation Lab (multiple positions)

Location: Remote

Up to **10 Design Thinking Interns** will participate in a hands-on, project-based experience through the Center for Educational Innovation and Opportunity at ODU. Interns will receive formal training in design thinking methods and apply those skills to address real-world challenges identified by ODU Lab Schools (grades K-12), the Innovation Lab, and the Center itself.

ODU Cinema and Television Program, Deborah Wallace ([Internship Call Linked Here](#))

Position: Research Intern

Location: Hybrid, with on-site locations at Goode Theater, Peri 1005 Editing Lab

The **Cinema program at Old Dominion University** offers a comprehensive education in film studies, production, and theory. Students gain hands-on experience in screenwriting, directing, and cinematography using state-of-the-art facilities. The program prepares graduates for careers in the film industry, media production, and related fields, fostering creativity and professional skills.

Eastern Shore People of Color History Initiative (EPOCH) ([Internship Call Linked Here](#))

Position: EPOCH Research Intern

Location: Remote (some with optional travel to public history sites)

The Eastern Shore People of Color History Initiative (EPOCH) selects 2 history majors or minors to work as researchers and data compilers for a primary source database shared by Colonial Williamsburg, Mount Vernon, and other public history organizations. This database and website that is being created by Colonial Williamsburg will reconnect the generations of families enslaved by the Custis generations, which includes George Washington and Robert E. Lee, from the Eastern Shore of Virginia to Georgetown, D.C.

United Way of South Hampton Roads ([Internship Call Linked Here](#))

Position: Prospect Research Intern

Location: Hybrid (2515 Walmer Ave, Norfolk, VA)

The United Way of South Hampton Roads brings people and resources together to solve problems too big for any of us to solve alone.

Wetlands Watch ([Internship Call Linked Here](#))

Position: Flood Resilience Research Intern

Location: Remote

Wetlands Watch is a Norfolk, Virginia nonprofit dedicated to protecting wetlands and coastal ecosystems. We work with local governments, planners, and policymakers to integrate stronger climate resilience measures, like nature-based features, into regional and state planning. Our focus is on sustainable shoreline management, flood risk reduction, and ensuring communities are preparing for the future.

Virtual Science Teachers

Position 1: Grant Writing Intern ([Internship Call Linked Here](#))

Position 2: Technical Writing Intern ([Internship Call Linked Here](#))

Job Location: Remote

Virtual Science Teachers (VST) is a nonprofit organization dedicated to transforming the way students learn science. We provide **free, interactive, standards-aligned virtual science learning resources** that reach thousands of middle school students daily across rural, urban, and underserved communities. Our work supports teachers with robust, accessible tools that build scientific literacy, spark curiosity, and make science relevant and engaging.

Divine Inspiration Outreach ([Internship Call Linked Here](#))

Position: Grant Writer Assistant

Job Location: On-site (off campus)

Since 2018, **Divine Inspiration Outreach** has served the public as a reliable and trusted partner. Our mission is to advance self-sufficiency for homeless single women and equity, expand coverage, and improve self-sufficiency outcomes.

Advocating 4 Kids, Inc. ([Internship Call Linked Here](#))

Position: Research, Writing, and Outreach Intern

Location: Hybrid (on-site days are off campus)

Advocating 4 Kids, Inc. specializes in and promotes equitable special education advocacy services for neurodiverse students and their parents. The internship is also linked to a research project, **Advocating While Black**, aimed at understanding the special education journey for Black families in Virginia.

Nauticus ([Internship Call Linked Here](#))

Multiple Positions: Research-Based Education Intern, Education Onsite Programs Intern, Exhibit Intern, Volunteer Resources Intern

Location: On-site (off campus)

Nauticus is a maritime discovery center located along the waterfront in downtown Norfolk, offering a unique form of experiential learning for all ages. Through interactive exhibits and STEM to STERN programming, Nauticus uses the museum, Battleship Wisconsin, sailing center, and Schooner Virginia to tell the story of the maritime environment, industry, and the military.

Riverside Health ([Internship Call Linked Here](#))

Position: Administrative and Research Intern

Location: On-site (off campus)

Riverside Health is a nonprofit, integrated network of hospitals, physicians, continuing care facilities, wellness centers, etc., providing comprehensive, high-quality health services, from the birth of a child through the end of life, to citizens of eastern Virginia.

Museums and Archives

Hunter House Victorian Museum ([Internship Call Linked Here](#))

Position: Museum Operations Intern

Location: On-site (off campus)

The Hunter House Victorian Museum is seeking an intern(s) who is interested in learning the operational aspects of running a small museum. This position is highly visible and requires knowledge of upcoming exhibits, events, and programs. The intern will work in proximity with volunteers and staff members. This is a fantastic opportunity for anyone interested in gaining experience in history and education in the operations of a small history museum.

Hampton Roads Naval Museum (HRNM) ([Internship Call Linked Here](#))

Position: World Languages and Cultures Intern

Supervisor: HRNM Deputy Director / HRNM Director of Education

Hours: 120-150

Deadline: Spring: Jan 1st, Summer: May 1st, Fall: Sept 1st

Location: In-person

The World Languages Interns, under the direction of professional staff, will translate the **Hampton Roads Naval Museum's (HRNM)** visitor guide to the relevant language: Spanish, German, French, or Japanese preferred. The intern will also gain exposure to many facets of

museum work including education, volunteers, events, operations, exhibits, artifact collections, and/or strategic communications. Students may earn academic credit if the option is supported by their institution.

Nauticus ([Internship Call Linked Here](#))

Position: Battleship Wisconsin Operations / Historical Interpretation Intern

Location: In-person (One Waterside Dr. Norfolk, VA)

Berthed at **Nauticus**, the Battleship *Wisconsin* is one of the largest and last battleships ever built by the U.S. Navy. Explore its deck through a self-guided tour or, with an additional charge, our guided tours that will take you back in time to experience this majestic ship that earned five battle stars during WWII.

Woodville Rosenwald School Foundation (WRSF) ([Internship Call Linked Here](#))

Position: Community Outreach and Research Intern

Location: Hybrid (4310 George Washington Memorial Highway, Hayes, VA 23072 and remote)

WRSF's mission is to seek, share, and preserve the history of African American education in Gloucester County and beyond. The foundation was formed in 2012 to save the Woodville School from the bulldozer. It was the last remaining of six Rosenwald Schools built in the county. WRSF purchased the building in 2019, completed renovations and received its occupancy permit from the County in 2025. The school is now open for community events. And per our strategic plan we will promote the school as a museum; build a library; record oral histories to tell the stories of students who attended early African American schools in the county; provide a facility, tools and data for student research; and work with county educators to design and implement an experiential curriculum for student field trips.

St. Luke's Historic Church and Museum ([Internship Call Linked Here](#))

Position: Collections Management Intern

Location: On-site (off campus, in Smithfield, VA)

Founded in the 17th century, St. Luke's Historic Church & Museum is Virginia's oldest church building and a National Historic Landmark dedicated to preserving over 400 years of religious and cultural history. The organization's mission is to preserve, protect, and promote this historic site and its stories through education, research, and public engagement. St. Luke's offers tours, educational programs, and community events that explore the complex intersections of faith, freedom, and American identity.

Eastern Shore People of Color History Initiative (EPOCH) ([Internship Call Linked Here](#))

Position: EPOCH Research Intern

Location: Remote (some with optional travel to public history sites)

The Eastern Shore People of Color History Initiative (EPOCH) selects 2 history majors or minors to work as researchers and data compilers for a primary source database shared by Colonial Williamsburg, Mount Vernon, and other public history organizations. This database and

website that is being created by Colonial Williamsburg will reconnect the generations of families enslaved by the Custis generations, which includes George Washington and Robert E. Lee, from the Eastern Shore of Virginia to Georgetown, D.C.

Hermitage Museum & Gardens ([Internship Call Linked Here](#))

Position: Collections Intern

Location: On-site (off campus)

The **Hermitage Museum & Gardens** in Norfolk's Lochhaven neighborhood is a nationally accredited art museum that offers 12.5 acres of protected woodland, wetland and green space as well as an impressive permanent art collection that spans 5,000 years of world history.

Hermitage Museum & Gardens ([Internship Call Linked Here](#))

Position: Asian Art Collection Intern

Location: On-site (off campus)

The **Hermitage Museum & Gardens** in Norfolk's Lochhaven neighborhood is a nationally accredited art museum that offers 12.5 acres of protected woodland, wetland and green space as well as an impressive permanent art collection that spans 5,000 years of world history.

World Affairs Council of Hampton Roads ([Internship Call Linked Here](#))

Position: Archival Processing Intern

Location: On-site (off campus)

The **World Affairs Council of Hampton Roads** (WACHR) is a nonprofit, nonpartisan organization committed to engaging the community in global affairs through education and dialogue. With a rich history of convening world leaders, scholars, and policymakers, WACHR provides transformative global education experiences for students, educators, and lifelong learners throughout the region.

Special Collections and University Archives, ODU Perry Library ([Internship Call Linked Here](#))

Position: Special Collections and University Archives [Intern](#)

Location: On-site (on campus)

The **Special Collections and University Archives** (SCUA) at ODU collects, preserves, and provides access to unique primary sources, archives, and rare books documenting the history of ODU, the Coastal Virginia Region, and beyond. The department holds a wide variety of collections, including manuscripts, rare books, photographs, and institutional records, and digital collections.

MacArthur Memorial ([Internship Call and Application Linked Here](#))

Multiple Positions: Archives, Curatorial, and Education Intern (which includes social media, educational programming, and special event planning)

Location: On-site (off campus)

The **MacArthur Memorial** is a museum and research center dedicated to preserving and presenting the story of the life of General of the Army Douglas MacArthur. It has a Library and Archives and a Museum with current and future special exhibits focused on POWs in the Philippines during WWII and the U.S. Occupation of Japan.

Tidewater Queer History Project ([Internship Call Linked Here](#))

Multiple Positions: Archiving, Social Media/Outreach/Website Management, PR/Marketing and Event Planning, Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project** (TQHP) is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

Nauticus ([Internship Call Linked Here](#))

Multiple Positions: Research-Based Education Intern, Education Onsite Programs Intern, Exhibit Intern, Volunteer Resources Intern

Location: On-site (off campus)

Nauticus is a maritime discovery center located along the waterfront in downtown Norfolk, offering a unique form of experiential learning for all ages. Through interactive exhibits and STEM to STERN programming, Nauticus uses the museum, Battleship Wisconsin, sailing center, and Schooner Virginia to tell the story of the maritime environment, industry, and the military.

Non-profit Administration

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Business Development and Community Outreach Intern

Location: Remote

The Business Development and Community Outreach Intern builds relationships with prospective partners, clients, and community members to expand the organization's reach and support its growth. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Project Management Intern

Location: Remote

The Project Manager oversees the planning, implementation, and tracking of a specific short-term project from beginning to end, ensuring specified deliverables are met. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Armed Services YMCA of South Hampton Roads ([Internship Call Linked Here](#))

Position: Community Outreach Intern

Location: Hybrid (1465 Lakeside Rd., Virginia Beach, VA)

The **Armed Services YMCA Hampton Roads'** mission is to enhance the lives of military members and their families in spirit, mind, and body through programs relevant to the unique challenges of military life. From youth development to health and well-being to social responsibility, the ASYMCA creates positive change on a local level where members find new opportunities and the resources needed to tap into their potential, discover their purpose, and connect to a community that shares their challenges and supports their journey.

RESET INC ([Internship Call Linked Here](#))

Position: Administrative Intern

Location: Chesapeake, VA

RESET INC is a community-focused nonprofit dedicated to empowering individuals and families through outreach, resource connection, and supportive services. Key initiatives include food distribution programs, community events, youth and family support services, and partnerships that address food insecurity and social challenges. The organization is committed to creating sustainable impact by meeting people where they are and fostering opportunities for growth, stability, and wellness.

Portsmouth Schools Foundation ([Internship Call Linked Here](#))

Position: Operations and Data Management Intern

Location: Hybrid (Portsmouth, VA)

As an independent nonprofit organization, the **Portsmouth Schools Foundation** works alongside Portsmouth Public Schools to connect community resources with educational opportunities through teacher grants, student scholarships, innovative programs, strategic partnerships, and fundraising initiatives. The Foundation's mission is to help ensure that resources are available where they are needed most, creating opportunities that enhance educational outcomes and support student success.

Excel Basketball Academy ([Internship Call Linked Here](#))

Position: Program & Community Engagement Intern

Location: 2037 Laskin Rd., Virginia Beach - Some remote work, also.

Excel Basketball Academy is a youth sports development organization dedicated to helping young athletes grow on and off the court. While basketball is our platform, our mission is bigger: leadership, confidence, accountability, and community impact. We work with families, schools, and local partners to create positive, structured experiences for kids.

Virginia Beach Library Foundation ([Internship Call Linked Here](#))

Position: Community Investment Intern

Location: Hybrid, in-person location: 2416 Courthouse Dr, Virginia Beach, VA

The **Virginia Beach Library Foundation** is a 501(c)3 certified public nonprofit whose mission is to secure, manage, and invest privately raised funds, gifts, and bequests in support of the Virginia Beach Public Library.

First Baptist Church of Lambert's Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First Baptist Church of Lambert's Point (FBCLP) is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church's mission of spiritual growth and community empowerment.

United Way of South Hampton Roads

Position 1: Project Inclusion Program Intern ([Internship Call Linked Here](#))

Position 2: Leadership Societies Program & Engagement Intern ([Internship Call Linked Here](#))

Location: Hybrid (2515 Walmer Ave, Norfolk, VA)

The United Way of South Hampton Roads brings people and resources together to solve problems too big for any of us to solve alone.

Norfolk Tourism Foundation ([Internship Call Linked Here](#))

Position: Nonprofit Management Intern

Location: Hybrid (on-site days are off campus) at Visit Norfolk Offices (downtown)

The **Norfolk Tourism Foundation** supports Norfolk's hospitality and tourism workforce by advocating for the importance of the industry and addressing workforce needs through education, scholarships, internships, and partner collaboration. We work closely with VisitNorfolk and the Virginia Restaurant Lodging & Travel Association to improve career pathways and economic outcomes for residents in the region. Hospitality and tourism represent the **third-largest economic engine** in the City of Norfolk, employing thousands of people and providing meaningful short- and long-term career opportunities for individuals from all backgrounds.

ROUGE: Theater Reinvented

Position: Business Development Intern ([Internship Call Linked Here](#))

Location: On-site (off campus)

ROUGE: Theater Reinvented is a collective of creators committed to breaking down barriers in the arts. They bring live performance art out of traditional theaters and into everyday spaces, building a platform for bold storytellers and fostering a new generation of theater enthusiasts. Their mission is to revolutionize live performance art, making it universally accessible and connecting people more deeply to themselves, each other, and the world around them.

ForKids ([Internship Call Linked Here](#))

Positions: Multiple (ongoing recruiting)

Location: On-site (off campus)

Since 1988, **ForKids** has delivered individualized services designed to achieve stability for children and families.

Boys and Girls Clubs of Southeast Virginia ([Internship Call Linked Here](#))

Position: Program Intern

Location: On-site (off campus)

Boys & Girls Clubs fill a critical need by providing affordable after-school and summer care services to families in communities that need us the most. With our organization, you'll work in a fun and supportive environment where every day is a new opportunity to make a change in a young person's life. All of our staff are professional, driven, passionate, team-oriented, attentive, and fun!

Horizons Hampton Roads ([Internship Call Linked Here](#))

Position: Community Education Intern

Location: On-site (off campus: Portsmouth, Norfolk, or Virginia Beach locations)

Horizons Hampton Roads is a vibrant nonprofit organization dedicated to providing enriching academic, cultural, and recreational programs. We aim to empower a diverse group of 385 K-8 students and 35 High School students from under-resourced schools across Norfolk, Portsmouth, and Virginia Beach. Our mission is to nurture the whole student, enhancing their problem-solving skills, sense of responsibility, respect for others, and fostering a lifelong passion for learning. Our programs significantly contribute to higher high school graduation rates, better post-secondary education opportunities, and workforce development.

Divine Inspiration Outreach ([Internship Call Linked Here](#))

Position: Data Entry Intern

Location: On-site (off campus)

Since 2018, **Divine Inspiration Outreach** has served the public as a reliable and trusted partner. Our mission is to advance self-sufficiency for homeless single women and equity, expand coverage, and improve self-sufficiency outcomes.

Nauticus ([Internship Call Linked Here](#))

Multiple Positions: Research-Based Education Intern, Education Onsite Programs Intern, Exhibit Intern, Volunteer Resources Intern

Location: On-site (off campus)

Nauticus is a maritime discovery center located along the waterfront in downtown Norfolk, offering a unique form of experiential learning for all ages. Through interactive exhibits and STEM to STERN programming, Nauticus uses the museum, Battleship Wisconsin, sailing center, and Schooner Virginia to tell the story of the maritime environment, industry, and the military.

Riverside Health ([Internship Call Linked Here](#))

Position: Administrative and Research Intern

Location: On-site (off campus)

Riverside Health is a nonprofit, integrated network of hospitals, physicians, continuing care facilities, wellness centers, etc., providing comprehensive, high-quality health services, from the birth of a child through the end of life, to citizens of eastern Virginia.

Media Production

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Video Producer and Editor Intern

Location: Remote

Filming and editing video content for organizational programs, events, and campaigns. Organizing and maintaining a library of raw footage and finished video files. Writing scripts and shot lists for upcoming video projects. Producing short-form videos for social media and marketing use. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

LumaRise ([Internship Call Linked Here](#))

Position: Video Production Intern

Location: Hybrid (Virginia Beach, VA)

LumaRise, Inc. is a Virginia Beach-based nonprofit organization working to bridge the mental health gap in Hampton Roads through authentic storytelling, community connection, and educational resources.

Olive Grove Baptist Church ([Internship Call Linked Here](#))

Position: Digital Media and Communications

Location: In-person (1034 Albert Ave, Norfolk, VA)

Olive Grove Baptist Church is looking for passionate, creative, and driven students who want real-world experience while helping us reach more people and share the hope of Jesus.

Portsmouth Schools Foundation ([Internship Call Linked Here](#))

Position: Digital Storytelling & Communications Intern

Location: Hybrid (Portsmouth, VA)

As an independent nonprofit organization, the Foundation works alongside Portsmouth Public Schools to connect community resources with educational opportunities through teacher grants, student scholarships, innovative programs, strategic partnerships, and fundraising initiatives. The Foundation's mission is to help ensure that resources are available where they are needed most, creating opportunities that enhance educational outcomes and support student success.

Norfolk Public Schools Office of Communications and Community Engagement ([Internship Call Linked Here](#))

Position: Visual Storyteller Intern

Location: Hybrid (Norfolk, VA)

The Department of Communications and Community Engagement chronicles the work and mission of Norfolk Public Schools, highlighting its extraordinary efforts to provide a world-class education to the students in our care. We tell this story with innovation, passion, and dedication,

striving always to advance new means of connecting with our families while simultaneously honing our skill on tried-and-true communications tools.

Hero Kids Foundation ([Internship Call Linked Here](#))

Position: Digital Media Production Intern

Location: Hybrid (Suffolk, VA)

Hero Kids Foundation is a Suffolk-based nonprofit dedicated to strengthening the resilience of military and first responder families through nature-based programs, education, and community engagement. Through its Nature Center of Excellence, the foundation provides programs that integrate environmental education, humanities storytelling, youth development, and family wellness. The organization's newest humanities initiative, "Giving Voice to Those Who Serve at Home," empowers youth from service families to explore their experiences through interviews, digital storytelling, and documentary-style media projects that preserve and share important cultural narratives within the Hampton Roads region.

Supernova Alliance ([Internship Call Linked Here](#))

Position: Global Livestream Production Intern

Location: Hybrid (Hampton, VA) Remote work supported with occasional in-person meetings or events as schedule allows.

Supernova Alliance is a Virginia-based nonprofit organization dedicated to music education, cultural exchange, and workforce development in the creative industries. Best known for producing the Supernova International Ska Festival, the organization also operates year-round educational initiatives such as Amplifying Talent, providing hands-on media, audio, and video training to students. Supernova Alliance works with professional production teams, universities, and artists from around the world to create inclusive pathways into creative careers.

ODU College of Engineering and Technology ([Internship Call Linked Here](#))

Position: Video Storytelling Intern

Location: On site (on campus) Engineering Systems Building (ESB)

The Batten College of Engineering and Technology at Old Dominion University helps students tackle real-world problems through hands-on learning, research, and innovation. The college promotes engineering as a way to improve lives and strengthen communities in Hampton Roads and beyond. As the Video Storytelling Intern, you'll help create short videos that highlight engineering students, faculty, research, and outreach.

Teens With Purpose (TWP) ([Internship Call Linked Here](#))

Position: Teaching Artist Intern (TAI)

(Poetry / Music / Theatre / Visual Art)

Location: Norfolk, VA (Hybrid – 75% In-Person / 25% Virtual/Remote)

Teens With a Purpose (TWP) is a creative youth development organization that empowers young people to use their voices, talents, and leadership to create positive change in their

communities. Through arts, peer leadership, and civic engagement, TWP provides a safe and nurturing environment where youth express themselves, grow as leaders, and inspire hope.

First Baptist Church of Lambert's Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First Baptist Church of Lambert's Point (FBCLP) is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church's mission of spiritual growth and community empowerment.

ODU Cinema and Television Program, Deborah Wallace

Position 1: Creative Producer Intern ([Internship Call Linked Here](#))

Position 2: Editing Intern ([Internship Call Linked Here](#))

Location: Hybrid, with on-site locations at Goode Theater, Peri 1005 Editing Lab

The Cinema program at Old Dominion University offers a comprehensive education in film studies, production, and theory. Students gain hands-on experience in screenwriting, directing, and cinematography using state-of-the-art facilities. The program prepares graduates for careers in the film industry, media production, and related fields, fostering creativity and professional skills.

LanguagingHR Podcast ([Internship Call Linked Here](#))

Position: Podcast production intern

Location: Remote/Hybrid on request

LanguagingHR is a monthly podcast about life and language in Hampton Roads. Launched in January 2024, it is co-hosted by two graduates of ODU's MA in Applied Linguistics program. LanguagingHR explores the history, culture and diversity of Hampton Roads through the lens of language.

ROUGE: Theater Reinvented

Position: Media Production Intern ([Internship Call Linked Here](#))

Location: On-site (off campus)

ROUGE: Theater Reinvented is a collective of creators committed to breaking down barriers in the arts. They bring live performance art out of traditional theaters and into everyday spaces, building a platform for bold storytellers and fostering a new generation of theater enthusiasts. Their mission is to revolutionize live performance art, making it universally accessible and connecting people more deeply to themselves, each other, and the world around them.

The Ability Center of Virginia ([Internship Call Linked Here](#))

Position: Video Media and Production, Communications Intern

Location: On-site (off campus)

The **Ability Center of Virginia** provides superior programs and services to support the needs of individuals with different abilities throughout Hampton Roads. ACVA is a family, where EVERYONE is welcome. The programs provide a wide range of activities that encourage community inclusion, personal independence, healthy life choices, and social skill development.

WHRO Public Media ([Internship Call Linked Here](#))

Position: Production Intern

Location: On-site (off campus)

WHRO Public Media is the region's largest media company, owned by a group of 21 local public school districts. Through WHRO TV, WHRO FM, WFOS FM, its website, and education content delivered online, WHRO enriches the lives of people in Eastern VA and Northeast NC every day. Contact: mike.diller@whro.org

Tidewater Queer History Project ([Internship Call Linked Here](#))

Position 1: Archiving Interns

Position 2: Social Media/Outreach/Website Management, PR/Marketing and Event Planning Interns

Position 3: Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project (TQHP)** is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

Intercultural Relations and Community Engagement

Virginia Stage Company ([Internship Linked Here](#))

Position: Education Intern

Location: In person (Norfolk, VA)

The Education Intern will work closely with the Education Department on a variety of education programs, including student matinees, in-school workshops and residencies, and community events. Interns will have the opportunity to develop their teaching skills and to learn how to develop work that is used by the education department. They will also learn how a professional regional theatre plans, develops, and executes educational programs.

Next Step to Success

Positions:

Career Exploration and Interest Group Intern ([Internship Call Linked Here](#))

Career Readiness and Workforce Development Intern ([Internship Call Linked Here](#))

Location: In person (Norfolk, VA)

Next Step to Success (NSTS) empowers Norfolk youth ages 13–18 to break the cycle of poverty by building the independent, resilient character needed for lifelong achievement. We provide free

after-school (September–May) and full-day summer (June–August) programs that combine academic support, career exploration, and hands-on experiential learning with daily transportation and nutritious meals.

Hampton Roads Naval Museum (HRNM) ([Internship Call Linked Here](#))

Position: World Languages and Cultures Intern

Supervisor: HRNM Deputy Director / HRNM Director of Education

Hours: 120-150

Deadline: Spring: Jan 1st, Summer: May 1st, Fall: Sept 1st

Location: In-person

The World Languages Interns, under the direction of professional staff, will translate the **Hampton Roads Naval Museum’s (HRNM)** visitor guide to the relevant language: Spanish, German, French, or Japanese preferred. The intern will also gain exposure to many facets of museum work including education, volunteers, events, operations, exhibits, artifact collections, and/or strategic communications. Students may earn academic credit if the option is supported by their institution.

Norfolk Public Schools Office of Communications and Community Engagement ([Internship Call Linked Here](#))

Position: Community Engagement Intern

Location: Hybrid (Norfolk, VA)

The Department of Communications and Community Engagement chronicles the work and mission of Norfolk Public Schools, highlighting its extraordinary efforts to provide a world-class education to the students in our care. We tell this story with innovation, passion, and dedication, striving always to advance new means of connecting with our families while simultaneously honing our skill on tried-and-true communications tools.

Hero Kids Foundation ([Internship Call Linked Here](#))

Position: Storytelling Intern

Location: Hybrid (Suffolk, VA)

Hero Kids Foundation is a Suffolk-based nonprofit dedicated to strengthening the resilience of military and first responder families through nature-based programs, education, and community engagement. Through its Nature Center of Excellence, the foundation provides programs that integrate environmental education, humanities storytelling, youth development, and family wellness. The organization’s newest humanities initiative, “Giving Voice to Those Who Serve at Home,” empowers youth from service families to explore their experiences through interviews, digital storytelling, and documentary-style media projects that preserve and share important cultural narratives within the Hampton Roads region.

Teens With Purpose (TWP) ([Internship Call Linked Here](#))

Position: Teaching Artist Intern (TAI)

(Poetry / Music / Theatre / Visual Art)

Location: Norfolk, VA (Hybrid – 75% In-Person / 25% Virtual/Remote)

Teens With a Purpose (TWP) is a creative youth development organization that empowers young people to use their voices, talents, and leadership to create positive change in their communities. Through arts, peer leadership, and civic engagement, TWP provides a safe and nurturing environment where youth express themselves, grow as leaders, and inspire hope.

Norfolk Public Library ([Internship Call Linked Here](#))

Position: Multiple, [see flyer](#)

Location: In-person

The **Norfolk Public Library** offers equal opportunity access to information, high quality book and multimedia materials, programs, exhibits, online resources, and technology to meet the needs of our diverse community for life-long learning, cultural enrichment, and intellectual stimulation. To fulfill its mission, the Library employs a knowledgeable, well-trained staff committed to excellent service and civility.

The Messages Project ([Internship Call Linked Here](#))

Position: Community Intern

Location: Hybrid

The Messages Project is dedicated to supporting children and families affected by incarceration by creating meaningful opportunities for connection, healing, and hope. We believe that every child deserves to feel loved and remembered, regardless of their circumstances. By fostering communication and creative expression, we empower incarcerated parents to maintain and strengthen bonds with their children, encouraging healing and long-term positive outcomes.

Hermitage Museum & Gardens ([Internship Call Linked Here](#))

Position: Asian Art Collection Intern

Location: On-site (off campus)

The **Hermitage Museum & Gardens** in Norfolk's Lochhaven neighborhood is a nationally accredited art museum that offers 12.5 acres of protected woodland, wetland and green space as well as an impressive permanent art collection that spans 5,000 years of world history.

C.H.O.I.C.E. Re-Entry Services Program ([Internship Call Linked Here](#))

Position: Re-Entry Services Intern

Location: On-site (off campus)

The mission of **C.H.O.I.C.E. Re-Entry Services Program** is to equip returning citizens with the tools, resources, and support needed to navigate the challenges of reintegration successfully. Through personalized guidance, education, and skill-building initiatives, we strive to break down barriers to success, promote self-sufficiency, and foster a community of belonging and dignity. Our commitment is to cultivate resilience, restore hope, and facilitate positive transformation for individuals transitioning back into society. All programming and initiatives are rooted in our four pillars of Education, Employment, Substance Use, and Mental Health Treatment & Access.

Office of Intercultural Relations, ODU ([Internship Call Linked Here](#))

Position: Intercultural Student Success Interns

Location: On-site (on campus)

The **Office of Intercultural Relations** is committed to fostering interculturalization on campus through program initiatives that integrate intercultural learning experiences, embrace global perspectives, and enhance students' sense of belonging, engagement, and success.

Horizons Hampton Roads ([Internship Call Linked Here](#))

Position: Community Education Intern

Location: On-site (off campus, choose between Portsmouth, Norfolk, or Virginia Beach location)

Horizons Hampton Roads is a vibrant nonprofit organization dedicated to providing enriching academic, cultural, and recreational programs. We aim to empower a diverse group of 385 K-8 students and 35 High School students from under-resourced schools across Norfolk, Portsmouth, and Virginia Beach. Our mission is to nurture the whole student, enhancing their problem-solving skills, sense of responsibility, respect for others, and fostering a lifelong passion for learning. Our programs significantly contribute to higher high school graduation rates, better post-secondary education opportunities, and workforce development.

Environmental Information Center ([Internship Call Linked Here](#))

Position: Translator

Location: Remote

The **Environmental Information Center** (EIC, <https://e-info.org.tw/>) is an independent, non-profit online media in Taiwan established by the Taiwan Environmental Information Association(TEIA). We have been providing environmental news since 2000. EIC covers environmental news from Taiwan, China, and other countries, along with issues such as biodiversity, climate change, energy transition, land use, pollution control, and so on.

The 757 Creative ReUse Center ([Internship Call Linked Here](#))

Position: Creative Arts Facilitator

Location: On-site (off campus)

The **757 Creative ReUse Center** is a nonprofit organization dedicated to providing accessible and affordable second-hand arts and crafts supplies, while reducing waste and promoting reuse.

Communications, Marketing, and Social Media

Virginia Stage Company ([Internship Linked Here](#))

Position: Marketing Intern

Location: On-site (off campus, Norfolk)

Virginia Stage Company is seeking a creative, collaborative Marketing Intern for the fall semester. This hands-on internship provides the opportunity to gain real-world experience in arts marketing while helping promote Virginia Stage Company productions, programs, and community events. The Marketing Intern will work closely with the Marketing Department on a variety of projects, including email marketing, social media, graphic design, audience engagement, public events, and grassroots marketing.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Publicist and Graphic Design Intern

Location: Remote

The Publicist and Graphic Designer Intern builds public awareness of the organization's work through media outreach and public relations, while designing visual materials that support its programs, campaigns, and brand identity. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Web Design and Social Media Manager Intern

Location: Remote

The Web Design and Social Media Manager oversees the organization's website and social media presence, creating and maintaining engaging digital content that strengthens the organization's online visibility and brand. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Securing Our Children's Future ([Internship Call Linked Here](#))

Position: Community Outreach / Research Intern

Location: Hybrid (Williamsburg-based nonprofit.)

This internship offers a mission-driven opportunity to support Securing Our Children's Future, LLC in addressing childhood food insecurity across Hampton Roads. Working alongside organizational leadership and community partners, the intern will help advance initiatives that provide weekend backpack meals while strengthening literacy, mentorship, outreach, and community engagement. The role contributes to the organization's mission by expanding its capacity to connect children and families with reliable nourishment, encouragement, and opportunities to thrive when school is out. In return, the intern will gain hands-on experience in nonprofit operations, research, communications, program support, and partnership development; strengthen professional writing, teamwork, and project-management skills; and build meaningful work samples while seeing how community-centered service creates measurable local impact.

Virginia Arts Festival ([Internship Call Linked Here](#))

Position: Marketing and Public Relations Intern

Location: Norfolk, VA

Virginia Arts Festival is seeking an outgoing, dependable, and enthusiastic Marketing & Public Relations Intern to support our marketing team through hands-on event marketing, community outreach, and audience engagement. This internship is ideal for

someone who enjoys interacting with people, representing an organization in the community, increase ticket sales, and helping create memorable experiences at live events.

Come As You Are (CAYA) ([Internship Call Linked Here](#))

Position: Communications Intern

Location: Hybrid (Virginia Beach, NC)

Come As You Are (CAYA) is a Hampton Roads–based nonprofit founded in 2024 with a clear and urgent mission: to empower neurodivergent adults to achieve the level of independence they aim to reach in life — through education, workforce readiness, and life skills development. We believe in self-determination and that every individual has the right to live a life that brings dignity and pride.

Come As You Are (CAYA) ([Internship Call Linked Here](#))

Position: WorkREADY Internship

Location: Hybrid (Virginia Beach, NC)

Come As You Are (CAYA) is a Hampton Roads–based nonprofit founded in 2024 with a clear and urgent mission: to empower neurodivergent adults to achieve the level of independence they aim to reach in life — through education, workforce readiness, and life skills development. We believe in self-determination and that every individual has the right to live a life that brings dignity and pride.

Rotary Club of Norfolk ([Internship Call Linked Here](#))

Position: Social Media Coordinator Internship

Location: Hybrid (Norfolk, VA)

Founded in 1914, **Rotary Club of Norfolk** is a vibrant group of leaders who enjoy being part of southeastern Virginia’s oldest and largest service club. The club’s 100-plus members are community leaders living or working in Norfolk, Virginia, or nearby communities. We are community-minded leaders from business, nonprofit, education, government, and military professions.

LumaRise ([Internship Call Linked Here](#))

Position: Digital Communications & Marketing Internship

Location: Hybrid (Virginia Beach, VA)

LumaRise, Inc. is a Virginia Beach-based nonprofit organization working to bridge the mental health gap in Hampton Roads through authentic storytelling, community connection, and educational resources.

Olive Grove Baptist Church ([Internship Call Linked Here](#))

Position: Digital Media and Communications

Location: In-person (1034 Albert Ave, Norfolk, VA)

Olive Grove Baptist Church is looking for passionate, creative, and driven students who want real-world experience while helping us reach more people and share the hope of Jesus.

Norfolk Public Schools Office of Communications and Community Engagement
([Internship Call Linked Here](#))

Position: Social Media and Digital Marketing Intern

Location: Hybrid (Norfolk, VA)

The Department of Communications and Community Engagement chronicles the work and mission of Norfolk Public Schools, highlighting its extraordinary efforts to provide a world-class education to the students in our care. We tell this story with innovation, passion, and dedication, striving always to advance new means of connecting with our families while simultaneously honing our skill on tried-and-true communications tools.

Norfolk Public Schools Office of Communications and Community Engagement
([Internship Call Linked Here](#))

Position: Strategic Communicator Intern

Location: Hybrid (Norfolk, VA)

The Department of Communications and Community Engagement chronicles the work and mission of Norfolk Public Schools, highlighting its extraordinary efforts to provide a world-class education to the students in our care. We tell this story with innovation, passion, and dedication, striving always to advance new means of connecting with our families while simultaneously honing our skill on tried-and-true communications tools.

Clean Virginia Waterways ([Internship Call Linked Here](#))

Position: Communications and Development Internship

Location: Hybrid (Virginia Beach, VA)

The mission of **Clean Virginia Waterways (CVW)** is to enhance the health of Virginia's waterways through collaborative leadership, plastic pollution and marine debris prevention, and advocacy for a sustainable future. Founded in 1995, CVW is an independent, statewide 501(c)(3) nonprofit organization and is affiliated with the Ocean Conservancy. CVW has organized the International Coastal Cleanup in Virginia since 1995 and is recognized as a leader in researching marine debris, including its sources, impacts and solutions. CVW focuses on prevention of land-based litter through education, collaboration, research, advocacy, engaging the public in hands-on stewardship through cleanup events, and conducting social marketing research and campaigns.

Clean Virginia Waterways ([Internship Call Linked Here](#))

Position: Virginia Waterways Cleanup Communications Intern

Location: Hybrid (Virginia Beach, VA)

The mission of **Clean Virginia Waterways (CVW)** is to enhance the health of Virginia's waterways through collaborative leadership, plastic pollution and marine debris prevention, and advocacy for a sustainable future. Founded in 1995, CVW is an independent, statewide 501(c)(3) nonprofit organization and is affiliated with the Ocean Conservancy. CVW has organized the

International Coastal Cleanup in Virginia since 1995 and is recognized as a leader in researching marine debris, including its sources, impacts and solutions. CVW focuses on prevention of land-based litter through education, collaboration, research, advocacy, engaging the public in hands-on stewardship through cleanup events, and conducting social marketing research and campaigns.

Volunteer Hampton Roads ([Internship Call Linked Here](#))

Position: Social Media and Digital Marketing Internship

Location: In Person (Norfolk, VA)

Volunteer Hampton Roads is the only comprehensive volunteer center in Hampton Roads, serving all localities in the region. We work with our nonprofit members to build their capacity and achieve their missions by providing training, facilitating volunteerism, coordinating large-scale projects, or by complimenting their work through our programs and outreach. As a local leader in nonprofit excellence, we have learned the importance of staying consistent, mission-focused and deepening programs and service deliveries.

Roze Worrell, Author and Community Advocate ([Internship Call Linked Here](#))

Position: Digital Content and Community Engagement Intern

Location: Hybrid (Norfolk, VA)

As the author of the inspirational gift book, *HEARTS: Finding Unexpected Signs of Hope*, and creator of a philosophy serving as a guidepost for one's work and personal life (H.E.A.R.T. - Honesty, Empathy, Adaptability, Responsibility, and Teamwork enveloped in passion and respect), Roze Worrell is dedicated to providing guidance and support in every aspect of an individual's journey. Her intention behind *HEARTS* is to lift others up and foster a community of understanding, mindfulness, and resilience.

Supernova Alliance ([Internship Call Linked Here](#))

Position: Organizational & Interpersonal Communication Intern

Location: Hybrid (Hampton, VA) Remote work supported with occasional in-person meetings or events as schedule allows.

Supernova Alliance is a Virginia-based nonprofit organization dedicated to music education, cultural exchange, and workforce development in the creative industries. Best known for producing the Supernova International Ska Festival, the organization also operates year-round educational initiatives such as Amplifying Talent, providing hands-on media, audio, and video training to students. Supernova Alliance works with professional production teams, universities, and artists from around the world to create inclusive pathways into creative careers.

Wood Athletic Academy ([Internship Call Linked Here](#))

Position: Marketing Internship

Wood Athletic Academy is a dynamic youth basketball mentorship and coaching organization with an associated sports apparel brand called EIE, which stands for “Enough Isn’t Enough.”

ODU College of Arts and Letters ([Internship Call Linked Here](#))

Position: Marketing and Communications Intern

Location: Hybrid

Duration: Ongoing, by semester

Hours: 10-15 hours per week

The College of Arts and Letters at ODU is the largest and most diverse college on campus. It functions as a core intellectual and cultural center for ODU and the many communities it serves. It is recognized as an innovator leader in arts, humanities, and social sciences education and interdisciplinary studies in the mid-Atlantic region, with a track record of preparing students to be critical thinkers, creative problem solvers, effective communicators, and engaged citizens.

St. Luke’s Historic Church and Museum ([Internship Call Linked Here](#))

Position: Collections Management Intern

Location: On-site (off campus, in Smithfield, VA)

Founded in the 17th century, St. Luke’s Historic Church & Museum is Virginia’s oldest church building and a National Historic Landmark dedicated to preserving over 400 years of religious and cultural history. The organization’s mission is to preserve, protect, and promote this historic site and its stories through education, research, and public engagement. St. Luke’s offers tours, educational programs, and community events that explore the complex intersections of faith, freedom, and American identity.

First Baptist Church of Lambert’s Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First Baptist Church of Lambert’s Point (FBCLP) is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church’s mission of spiritual growth and community empowerment.

Virginia Arts Festival ([Internship Call Linked Here](#))

Position: Marketing and Public Relations Intern

Location: On-site (440 Bank St. Norfolk, VA)

The largest performing arts organization in southeastern Virginia, Virginia Arts Festival has transformed the region's cultural scene, presenting great performers from around the world and making this historic region a cultural destination for visitors from across the United States and around the world. Each season, the Festival presents over 250 performances, including free community events, student matinees, and workshops, with an annual attendance of over 110,000.

ROAR ([Internship Call Linked Here](#))

Position: Marketing and Production Interns

Location: On-site (on campus)

ROAR is ODU's strategic communications agency. It focuses on helping students gain extensive real-world experience with clients, in which students learn relevant analytical, business, and creative skills used in the field.

CIVIC Leadership Institute ([Internship Call Linked Here](#))

Position: Social Media and Marketing

Location: On-site (on campus) 4211 Monarch Way, Suite 116, Norfolk, VA (In person)

The **CIVIC Leadership Institute** is a 501(c)(3) nonprofit organization dedicated to connecting executive leaders from across the Hampton Roads region to foster strategic community service and leadership development. Through its Executive Program, CIVIC fosters a network of professionals who are committed to regional collaboration and civic engagement. The CIVIC Scholars Program, a collaborative initiative with Old Dominion University and Tidewater Community College, aims to cultivate a spirit of leadership, professionalism, and civic responsibility among college students in the region.

ODU's School of Data Science ([Internship Call Linked Here](#))

Position: Communication and Outreach Intern

Location: On-site (on campus)

At **ODU's School of Data Science**, students learn to harness computational tools to uncover hidden patterns in vast data sets, transforming findings into actionable knowledge that drives problem-solving across diverse fields. More than just technical skills, our programs emphasize effective communication, ethical considerations, and the societal impacts of data science in a rapidly evolving world.

ODU Office of Counseling Services ([Internship Call Linked Here](#))

Position: Communications and Marketing Intern

Location: On-site (on campus)

The Office of Counseling Services provides free mental health care to ODU students to promote overall well-being, ensuring that students can achieve their academic goals. Counseling Services does this through consultation, individual and group counseling, psychiatric services, crisis intervention, and a variety of outreaches and events for the student body.

Validation Counseling Services ([Internship Call Linked Here](#))

Position: Communications Intern

Location: Hybrid (on-site days are off campus)

Validation Counseling Services is committed to supporting the mental health and overall wellness of veterans, first responders, and community members through education, prevention, intervention, treatment, and recovery. Our goal is to provide culturally competent, people-focused services that enrich the lives of those we encounter on their journey to wellness.

ODU Office of International Collaborations ([*Internship Call Linked Here*](#))

Position: Podcast, Newsletter & Social Media Interns

Location: On-site (on campus)

The **Office of International Collaborations** (OIC) strengthens ODU's global presence by cultivating international partnerships and collaborations that advance the University's academic and research initiatives. OIC seeks to drive a thorough internationalization program at ODU, fostering a diverse, inclusive, and sustainable global campus environment.

Butterfly Village ([*Internship Call Linked Here*](#))

Position: Needs Assessment Intern

Location: Remote / Hybrid

Butterfly Village is a community-centered organization focused on empowering individuals and fostering sustainable change. It offers various programs, including She Can STEM Academy, aimed at providing young women with the tools and confidence to excel in STEM fields.

Virginia Asian Chamber of Commerce ([*Internship Call Linked Here*](#))

Position: Economic Development and Strategic Marketing Internship, Hampton Roads Office

Location: Hybrid (on-site days are off campus)

The **Virginia Asian Chamber of Commerce** (VACC) is the official "Voice of Asian American Pacific Islander Business" and Virginia's oldest and only statewide Asian American-owned business trade association. The organization maintains membership from private businesses, nonprofits, local governments, state, federal authority agencies, higher education, Fortune 100/500 global companies, and more.

Riverside Health ([*Internship Call Linked Here*](#))

Position: Social Media, Content Creation, and Event Promotions Intern

Location: On-site (off campus)

Riverside Health is a nonprofit, integrated network of hospitals, physicians, continuing care facilities, wellness centers, etc., providing comprehensive, high-quality health services, from the birth of a child through the end of life, to citizens of eastern Virginia.

Norfolk Sister Cities ([*Internship Call Linked Here*](#))

Position: Communications, Marketing, Event, and Exchange Planning Intern

Location: On-site (off campus)

Norfolk Sister Cities is a nonprofit citizen diplomacy organization that creates and strengthens partnerships between the City of Norfolk, VA, and its international partner communities.

Soundscapes ([*Internship Call Linked Here*](#))

Position: Marketing Intern

Location: Hybrid (on-site days are off campus)

Soundscapes is a nonprofit youth development organization in Newport News that uses music instruction and performance to develop life skills in students from early childhood to early adulthood.

Catholic Charities of Eastern Virginia ([Internship Call Linked Here](#))

Position: Development and Marketing Intern

Location: On-site (off campus)

Catholic Charities of Eastern Virginia (CCEVA) provides services for all people in need, but with a special focus on youth and family services, financial and housing counseling, mental health counseling, health and community services, and senior services.

ODU Ice Hockey Club ([Internship Call Linked Here](#))

Position: Sports Media Internship

Location: On-site (on campus)

Old Dominion University Ice Hockey Club celebrated twenty years at ODU in 2021. The team is in division three of the American Collegiate Hockey Association and will be transitioning to the College Hockey Federation in the new season.

MacArthur Memorial ([Internship Call and Application Linked Here](#))

Multiple Positions: Archives, Curatorial, and Education Intern (which includes social media, educational programming, and special event planning)

Location: On-site (off campus)

The MacArthur Memorial is a museum and research center dedicated to preserving and presenting the story of the life of General of the Army Douglas MacArthur. It has a Library and Archives and a Museum with current and future special exhibits focused on POWs in the Philippines during WWII and the U.S. Occupation of Japan.

Tidewater Queer History Project ([Internship Call Linked Here](#))

Multiple Positions: Archiving, Social Media/Outreach/Website Management, PR/Marketing and Event Planning, Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project (TQHP)** is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

WHRO Public Media ([Internship Call Linked Here](#))

Position: Social Media and Digital Strategy Intern

Location: On-site (off campus)

WHRO Public Media is the region's largest media company, owned by a group of 21 local public school districts. Through WHRO TV, WHRO FM, WFOS FM, its website, and education content delivered online, WHRO enriches the lives of people in Eastern VA and Northeast NC every day.

ODU Alumni Relations, Macon & Joan Brock, Virginia Health Sciences ([Internship Call Linked Here](#))

Position: Communications Intern

Location: Hybrid (on-site days are on campus)

Alumni Relations helps alumni maintain important connections and facilitates alumni-student interaction for enriching educational experiences. Alumni Relations manages the Legacy EVMS Alumni Association, which serves over 14,000 members.

ODU University Communications ([Internship Call Linked Here](#))

Position: ODU Digital Monarch Social Media Intern

Location: On-site (on campus)

ODU University Communications strives to build a unified and inspirational brand promoting local, regional, and national recognition for ODU. Through news and media relations, marketing and branding, photography and video, and numerous digital platforms, the office touts the University's accomplishments and engages Monarchs' past, present, and future.

Remote Positions

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Business Development and Community Outreach Intern

Location: Remote

The Business Development and Community Outreach Intern builds relationships with prospective partners, clients, and community members to expand the organization's reach and support its growth. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Project Management Intern

Location: Remote

The Project Manager oversees the planning, implementation, and tracking of a specific short-term project from beginning to end, ensuring specified deliverables are met. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Publicist and Graphic Design Intern

Location: Remote

The Publicist and Graphic Designer Intern builds public awareness of the organization's work through media outreach and public relations, while designing visual materials that support its programs, campaigns, and brand identity. The **Nonprofit StartUp Center** is your trusted partner

in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Video Producer and Editor Intern

Location: Remote

Filming and editing video content for organizational programs, events, and campaigns. Organizing and maintaining a library of raw footage and finished video files. Writing scripts and shot lists for upcoming video projects. Producing short-form videos for social media and marketing use. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Policy and Research Fellow Intern

Location: Remote

The Policy and Research Fellow Intern researches and analyzes public policy trends, policy issues, and best practices, producing findings that inform the organization's programs, publications, and advocacy efforts. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Web Design and Social Media Manager Intern

Location: Remote

The Web Design and Social Media Manager oversees the organization's website and social media presence, creating and maintaining engaging digital content that strengthens the organization's online visibility and brand. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Grant Writing Intern

Location: Remote

This position will focus on researching available and applicable grants. Data entry and timeline development for grant proposals. Research, retrieval, and assembly of background material for

grant proposals. Drafting letters of inquiry and full grant proposals for submission. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

ODU Strome College of Business ([Internship Call Linked Here](#))

Position: Business Research Writer Internship

Location: Flexible depending on student preference (Remote, on-campus, hybrid)

The Business Research Writer internship will provide students with a structured learning experience in professional writing, research communication, and content creation, allowing them to develop industry-relevant skills while contributing to the Strome College of Business's communication and outreach initiatives. This internship helps bridge the gap between academic scholarship and public understanding by making faculty research accessible and engaging for business professionals, community members, and the general public.

Design Thinking Internships, ODU Center for Educational Innovation and Opportunity ([Internship Call Linked Here](#))

Position: Design Thinking Intern at the ODU Innovation Lab

Location: Remote (begins early March)

Up to **10 Design Thinking Interns** will participate in a hands-on, project-based experience through the Center for Educational Innovation and Opportunity at ODU. Interns will receive formal training in design thinking methods and apply those skills to address real-world challenges identified by ODU Lab Schools (grades K-12), the Innovation Lab, and the Center itself.

First Baptist Church of Lambert's Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First **Baptist Church of Lambert's Point (FBCLP)** is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church's mission of spiritual growth and community empowerment.

Eastern Shore People of Color History Initiative (EPOCH) ([Internship Call Linked Here](#))

Position: EPOCH Research Intern

Location: Remote (some with optional travel to public history sites)

The Eastern Shore People of Color History Initiative (EPOCH) selects 2 history majors or minors to work as researchers and data compilers for a primary source database shared by Colonial Williamsburg, Mount Vernon, and other public history organizations. This database and

website that is being created by Colonial Williamsburg will reconnect the generations of families enslaved by the Custis generations, which includes George Washington and Robert E. Lee, from the Eastern Shore of Virginia to Georgetown, D.C.

Wetlands Watch ([Internship Call Linked Here](#))

Position: Flood Resilience Research Intern

Location: Remote

Wetlands Watch is a Norfolk, Virginia nonprofit dedicated to protecting wetlands and coastal ecosystems. We work with local governments, planners, and policymakers to integrate stronger climate resilience measures, like nature-based features, into regional and state planning. Our focus is on sustainable shoreline management, flood risk reduction, and ensuring communities are preparing for the future.

Virtual Science Teachers

Position 1: Grant Writing Intern ([Internship Call Linked Here](#))

Position 2: Technical Writing Intern ([Internship Call Linked Here](#))

Job Location: Remote

Virtual Science Teachers (VST) is a nonprofit organization dedicated to transforming the way students learn science. We provide **free, interactive, standards-aligned virtual science learning resources** that reach thousands of middle school students daily across rural, urban, and underserved communities. Our work supports teachers with robust, accessible tools that build scientific literacy, spark curiosity, and make science relevant and engaging.

LanguagingHR Podcast ([Internship Call Linked Here](#))

Position: Podcast production intern

Location: Remote/Hybrid on request

LanguagingHR is a monthly podcast about life and language in Hampton Roads. Launched in January 2024, it is co-hosted by two graduates of ODU's MA in Applied Linguistics program. LanguagingHR explores the history, culture and diversity of Hampton Roads through the lens of language.

Tidewater Queer History Project ([Internship Call Linked Here](#))

Position 1: Archiving Interns

Position 2: Social Media/Outreach/Website Management, PR/Marketing and Event Planning Interns

Position 3: Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project** (TQHP) is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

Environmental Information Center ([Internship Call Linked Here](#))

Position: Translator

Location: Remote

The **Environmental Information Center** (EIC, <https://e-info.org.tw/>) is an independent, non-profit online media in Taiwan established by the Taiwan Environmental Information Association (TEIA). We have been providing environmental news since 2000. EIC covers environmental news from Taiwan, China, and other countries, along with issues such as biodiversity, climate change, energy transition, land use, pollution control, and so on.

Butterfly Village ([Internship Call Linked Here](#))

Position: Needs Assessment Intern

Location: Remote / Hybrid

Butterfly Village is a community-centered organization focused on empowering individuals and fostering sustainable change. It offers various programs, including She Can STEM Academy, aimed at providing young women with the tools and confidence to excel in STEM fields.

Hybrid

ODU Strome College of Business ([Internship Call Linked Here](#))

Position: Business Research Writer Internship

Location: Flexible depending on student preference (Remote, on-campus, hybrid)

The Business Research Writer internship will provide students with a structured learning experience in professional writing, research communication, and content creation, allowing them to develop industry-relevant skills while contributing to the Strome College of Business's communication and outreach initiatives. This internship helps bridge the gap between academic scholarship and public understanding by making faculty research accessible and engaging for business professionals, community members, and the general public.

Come As You Are (CAYA) ([Internship Call Linked Here](#))

Position: Communications Intern

Location: Hybrid (Virginia Beach, NC)

Come As You Are (CAYA) is a Hampton Roads-based nonprofit founded in 2024 with a clear and urgent mission: to empower neurodivergent adults to achieve the level of independence they aim to reach in life — through education, workforce readiness, and life skills development. We believe in self-determination and that every individual has the right to live a life that brings dignity and pride.

Come As You Are (CAYA) ([Internship Call Linked Here](#))

Position: WorkREADY Internship

Location: Hybrid (Virginia Beach, NC)

Come As You Are (CAYA) is a Hampton Roads-based nonprofit founded in 2024 with a clear and urgent mission: to empower neurodivergent adults to achieve the level of independence they aim to reach in life — through education, workforce readiness, and life skills development. We believe in self-determination and that every individual has the right to live a life that brings dignity and pride.

Armed Services YMCA of South Hampton Roads ([Internship Call Linked Here](#))

Position: Community Outreach Intern

Location: Hybrid (1465 Lakeside Rd., Virginia Beach, VA)

The **Armed Services YMCA Hampton Roads**' mission is to enhance the lives of military members and their families in spirit, mind, and body through programs relevant to the unique challenges of military life. From youth development to health and well-being to social responsibility, the ASYMCA creates positive change on a local level where members find new opportunities and the resources needed to tap into their potential, discover their purpose, and connect to a community that shares their challenges and supports their journey.

Teens With Purpose (TWP) ([Internship Call Linked Here](#))

Position: Teaching Artist Intern (TAI)

(Poetry / Music / Theatre / Visual Art)

Location: Norfolk, VA (Hybrid – 75% In-Person / 25% Virtual/Remote)

Teens With a Purpose (TWP) is a creative youth development organization that empowers young people to use their voices, talents, and leadership to create positive change in their communities. Through arts, peer leadership, and civic engagement, TWP provides a safe and nurturing environment where youth express themselves, grow as leaders, and inspire hope.

First Baptist Church of Lambert's Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First Baptist Church of Lambert's Point (FBCLP) is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church's mission of spiritual growth and community empowerment.

Advocating 4 Kids, Inc. ([Internship Call Linked Here](#))

Position: Research, Writing, and Outreach Intern

Location: Hybrid (on-site days are off campus)

Advocating 4 Kids, Inc. specializes in and promotes equitable special education advocacy services for neurodiverse students and their parents. The internship is also linked to a research project, **Advocating While Black**, aimed at understanding the special education journey for Black families in Virginia.

Tidewater Queer History Project ([Internship Call Linked Here](#))

Multiple Positions: Archiving, Social Media/Outreach/Website Management, PR/Marketing and Event Planning, Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project** (TQHP) is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

United Way of South Hampton Roads

Position 1: Project Inclusion Program Intern ([Internship Call Linked Here](#))

Position 2: Leadership Societies Program & Engagement Intern ([Internship Call Linked Here](#))

Location: Hybrid (2515 Walmer Ave, Norfolk, VA)

The United Way of South Hampton Roads brings people and resources together to solve problems too big for any of us to solve alone.

Norfolk Tourism Foundation ([Internship Call Linked Here](#))

Position: Nonprofit Management Intern

Location: Hybrid (on-site days are off campus) at Visit Norfolk Offices (downtown)

The **Norfolk Tourism Foundation** supports Norfolk's hospitality and tourism workforce by advocating for the importance of the industry and addressing workforce needs through education, scholarships, internships, and partner collaboration. We work closely with VisitNorfolk and the Virginia Restaurant Lodging & Travel Association to improve career pathways and economic outcomes for residents in the region. Hospitality and tourism represent the **third-largest economic engine** in the City of Norfolk, employing thousands of people and providing meaningful short- and long-term career opportunities for individuals from all backgrounds.

ODU Cinema and Television Program, Deborah Wallace

Position 1: Creative Producer Intern ([Internship Call Linked Here](#))

Position 2: Editing Intern ([Internship Call Linked Here](#))

Position 3: Research Intern ([Internship Call Linked Here](#))

Location: Hybrid, with on-site locations at Goode Theater, Peri 1005 Editing Lab

The **Cinema program at Old Dominion University** offers a comprehensive education in film studies, production, and theory. Students gain hands-on experience in screenwriting, directing, and cinematography using state-of-the-art facilities. The program prepares graduates for careers in the film industry, media production, and related fields, fostering creativity and professional skills.

LanguagingHR Podcast ([Internship Call Linked Here](#))

Position: Podcast production intern

Location: Remote/Hybrid on request

LanguagingHR is a monthly podcast about life and language in Hampton Roads. Launched in January 2024, it is co-hosted by two graduates of ODU's MA in Applied Linguistics program. LanguagingHR explores the history, culture and diversity of Hampton Roads through the lens of language.

The Messages Project ([Internship Call Linked Here](#))

Position: Community Intern

Location: Hybrid

The Messages Project is dedicated to supporting children and families affected by incarceration by creating meaningful opportunities for connection, healing, and hope. We believe that every child deserves to feel loved and remembered, regardless of their circumstances. By fostering communication and creative expression, we empower incarcerated parents to maintain and strengthen bonds with their children, encouraging healing and long-term positive outcomes.

Validation Counseling Services ([Internship Call Linked Here](#))

Position: Communications Intern

Location: Hybrid (on-site days are off campus)

Validation Counseling Services is committed to supporting the mental health and overall wellness of veterans, first responders, and community members through education, prevention, intervention, treatment, and recovery. Our goal is to provide culturally competent, people-focused services that enrich the lives of those we encounter on their journey to wellness.

Butterfly Village ([Internship Call Linked Here](#))

Position: Needs Assessment Intern

Location: Remote / Hybrid

Butterfly Village is a community-centered organization focused on empowering individuals and fostering sustainable change. It offers various programs, including She Can STEM Academy, aimed at providing young women with the tools and confidence to excel in STEM fields.

Virginia Asian Chamber of Commerce ([Internship Call Linked Here](#))

Position: Economic Development and Strategic Marketing Internship, Hampton Roads Office

Location: Hybrid (on-site days are off campus)

The Virginia Asian Chamber of Commerce (VACC) is the official “Voice of Asian American Pacific Islander Business” and Virginia’s oldest and only statewide Asian American-owned business trade association. The organization maintains membership from private businesses, nonprofits, local governments, state, federal authority agencies, higher education, Fortune 100/500 global companies, and more.

Soundscapes ([Internship Call Linked Here](#))

Position: Marketing Intern

Location: Hybrid (on-site days are off campus)

Soundscapes is a nonprofit youth development organization in Newport News that uses music instruction and performance to develop life skills in students from early childhood to early adulthood.

ODU Alumni Relations, Macon & Joan Brock, Virginia Health Sciences ([Internship Call Linked Here](#))

Position: Communications Intern

Location: Hybrid (on-site days are on campus)

Alumni Relations helps alumni maintain important connections and facilitates alumni-student interaction for enriching educational experiences. Alumni Relations manages the Legacy EVMS Alumni Association, which serves over 14,000 members.

On-Campus

ODU Strome College of Business ([Internship Call Linked Here](#))

Position: Business Research Writer Internship

Location: Flexible depending on student preference (Remote, on-campus, hybrid)

The Business Research Writer internship will provide students with a structured learning experience in professional writing, research communication, and content creation, allowing them to develop industry-relevant skills while contributing to the Strome College of Business's communication and outreach initiatives. This internship helps bridge the gap between academic scholarship and public understanding by making faculty research accessible and engaging for business professionals, community members, and the general public.

ODU Cinema and Television Program, Deborah Wallace

Position 1: Creative Producer Intern ([Internship Call Linked Here](#))

Position 2: Editing Intern ([Internship Call Linked Here](#))

Position 3: Research Intern ([Internship Call Linked Here](#))

Location: Hybrid, with on-site locations at Goode Theater, Peri 1005 Editing Lab

The **Cinema program at Old Dominion University** offers a comprehensive education in film studies, production, and theory. Students gain hands-on experience in screenwriting, directing, and cinematography using state-of-the-art facilities. The program prepares graduates for careers in the film industry, media production, and related fields, fostering creativity and professional skills.

Eastern Shore People of Color History Initiative (EPOCH) ([Internship Call Linked Here](#))

Position: EPOCH Research Intern

Location: Remote (some with optional travel to public history sites)

The Eastern Shore People of Color History Initiative (EPOCH) selects 2 history majors or minors to work as researchers and data compilers for a primary source database shared by Colonial Williamsburg, Mount Vernon, and other public history organizations. This database and website that is being created by Colonial Williamsburg will reconnect the generations of families enslaved by the Custis generations, which includes George Washington and Robert E. Lee, from the Eastern Shore of Virginia to Georgetown, D.C.

CIVIC Leadership Institute ([Internship Call Linked Here](#))

Position: Social Media and Marketing (Fall 2025)

Location: On-site (on campus) 4211 Monarch Way, Suite 116, Norfolk, VA (In person)

The **CIVIC Leadership Institute** is a 501(c)(3) nonprofit organization dedicated to connecting executive leaders from across the Hampton Roads region to foster strategic community service and leadership development. Through its Executive Program, CIVIC fosters a network of professionals who are committed to regional collaboration and civic engagement. The CIVIC Scholars Program, a collaborative initiative with Old Dominion University and Tidewater Community College, aims to cultivate a spirit of leadership, professionalism, and civic responsibility among college students in the region.

ODU Ice Hockey Club ([Internship Call Linked Here](#))

Position: Sports Media Internship

Location: On-site (on campus)

Old Dominion University Ice Hockey Club celebrated twenty years at ODU in 2021. The team is in division three of the American Collegiate Hockey Association and will be transitioning to the College Hockey Federation in the new season.

Special Collections and University Archives, ODU Perry Library ([Internship Call Linked Here](#))

Position: Special Collections and University Archives [Intern](#)

Location: On-site (on campus)

The **Special Collections and University Archives** (SCUA) at ODU collects, preserves, and provides access to unique primary sources, archives, and rare books documenting the history of ODU, the Coastal Virginia Region, and beyond. The department holds a wide variety of collections, including manuscripts, rare books, photographs, and institutional records, and digital collections.

Office of Intercultural Relations, ODU ([Internship Call Linked Here](#))

Position: Intercultural Student Success Interns

Location: On-site (on campus)

The **Office of Intercultural Relations** is committed to fostering interculturalization on campus through program initiatives that integrate intercultural learning experiences, embrace global perspectives, and enhance students' sense of belonging, engagement, and success.

ROAR ([Internship Call Linked Here](#))

Position: Marketing and Production Interns

Location: On-site (on campus)

ROAR is ODU's strategic communications agency. It focuses on helping students gain extensive real-world experience with clients, in which students learn relevant analytical, business, and creative skills used in the field.

ODU's School of Data Science ([Internship Call Linked Here](#))

Position: Communication and Outreach Intern

Location: On-site (on campus)

At **ODU's School of Data Science**, students learn to harness computational tools to uncover hidden patterns in vast data sets, transforming findings into actionable knowledge that drives problem-solving across diverse fields. More than just technical skills, our programs emphasize effective communication, ethical considerations, and the societal impacts of data science in a rapidly evolving world.

ODU Office of Counseling Services ([Internship Call Linked Here](#))

Position: Communications and Marketing Intern

Location: On-site (on campus)

The Office of Counseling Services provides free mental health care to ODU students to promote overall well-being, ensuring that students can achieve their academic goals. Counseling Services does this through consultation, individual and group counseling, psychiatric services, crisis intervention, and a variety of outreaches and events for the student body.

ODU Office of International Collaborations ([*Internship Call Linked Here*](#))

Position: Podcast, Newsletter & Social Media Interns

Location: On-site (on campus)

The **Office of International Collaborations** (OIC) strengthens ODU's global presence by cultivating international partnerships and collaborations that advance the University's academic and research initiatives. OIC seeks to drive a thorough internationalization program at ODU, fostering a diverse, inclusive, and sustainable global campus environment.

ODU Alumni Relations, Macon & Joan Brock, Virginia Health Sciences ([*Internship Call Linked Here*](#))

Position: Communications Intern

Location: Hybrid (on-site days are on campus)

Alumni Relations helps alumni maintain important connections and facilitates alumni-student interaction for enriching educational experiences. Alumni Relations manages the Legacy EVMS Alumni Association, which serves over 14,000 members.

Applications & Awards

Be sure to inquire early—positions fill quickly! Students are encouraged to review the internship calls and apply to the organization. Accepted interns should then [**apply for the Mellon Award**](#). Support is available from the Internship Studio through **Jennifer Palmer** (jwpalmer@odu.edu) for questions about applications or awards.

Research & Writing

Research and Writing

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Policy and Research Fellow Intern

Location: Remote

The Policy and Research Fellow Intern researches and analyzes public policy trends, policy issues, and best practices, producing findings that inform the organization's programs, publications, and advocacy efforts. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Grant Writing Intern

Location: Remote

This position will focus on researching available and applicable grants. Data entry and timeline development for grant proposals. Research, retrieval, and assembly of background material for grant proposals. Drafting letters of inquiry and full grant proposals for submission. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Securing Our Children's Future ([Internship Call Linked Here](#))

Position: Community Outreach / Research Intern

Location: Hybrid (Williamsburg-based nonprofit.)

This internship offers a mission-driven opportunity to support Securing Our Children's Future, LLC in addressing childhood food insecurity across Hampton Roads. Working alongside organizational leadership and community partners, the intern will help advance initiatives that provide weekend backpack meals while strengthening literacy, mentorship, outreach, and community engagement. The role contributes to the organization's mission by expanding its capacity to connect children and families with reliable nourishment, encouragement, and opportunities to thrive when school is out. In return, the intern will gain hands-on experience in nonprofit operations, research, communications, program support, and partnership development; strengthen professional writing, teamwork, and project-management skills; and build meaningful work samples while seeing how community-centered service creates measurable local impact.

Next Step to Success

Grant Writing and Fundraising Intern ([Internship Call Linked Here](#))

Location: In person (Norfolk, VA)

Next Step to Success (NSTS) empowers Norfolk youth ages 13–18 to break the cycle of poverty by building the independent, resilient character needed for lifelong achievement. We provide free after-school (September–May) and full-day summer (June–August) programs that combine academic support, career exploration, and hands-on experiential learning with daily transportation and nutritious meals.

RESET INC ([Internship Call Linked Here](#))

Position: Grant Writing Intern

Location: Chesapeake, VA

RESET INC is a community-focused nonprofit dedicated to empowering individuals and families through outreach, resource connection, and supportive services. Key initiatives include food distribution programs, community events, youth and family support services, and partnerships that address food insecurity and social challenges. The organization is committed to creating sustainable impact by meeting people where they are and fostering opportunities for growth, stability, and wellness.

Virginia Zoo ([Internship Call Linked Here](#))

Position: Behavioral Observation Intern

Location: Hybrid (3500 Granby St. Norfolk, VA)

The **Virginia Zoo** is committed to engaging our community in taking action to save the world's wildlife and their ecosystems. Founded in 1901, the zoo has been a part of the community of Norfolk with a long-standing tradition of conservation and enjoyment for our guests. The Virginia Zoo's vision is to create a world where everyone values wildlife and the environment. We are an Association of Zoos and Aquariums accredited institution that is the gold star of animal care, education, and conservation in our industry.

Vault Strong Foundation ([Internship Call Linked Here](#))

Position: Administrative and Grant Writing Intern

Location: In-person (Vault Athletics & Fitness, 1732 Donna Dr., Virginia Beach)

Vault Strong Foundation is committed to providing access to top-level athletic training for every child who has the desire to participate. Our mission is to serve communities, families, and athletes who are driven to achieve greatness but may lack the financial resources to afford elite trainers or quality fitness facilities.

Top Ten Records - Oak Cliff Records Library ([Internship Call Linked Here](#))

Position: Grant Writing Intern

Location: Remote (with possible weekly in-person meetings on the ODU Campus for onsite students, or remote meetings for offsite students)

Top Ten Records opened in Dallas, Texas in 1956 as a community record shop and concert ticket outlet, selling the most tickets to the Elvis Presley show at the Cotton Bowl that year. Top

Ten Records is the longest-running record store in Dallas with a strong history of supporting local and DIY music over the past 60 years. The shop became famous seven years later as the place where Dallas Police officer J.D. Tippit was last seen making a phone call, shortly before he was shot by Lee Harvey Oswald in the Oak Cliff neighborhood. As a 501(c)(3), we're known as Oak Cliff Records Library, but we still prefer to go by Top Ten Records most of the time.

Woodville Rosenwald School Foundation (WRSF) ([Internship Call Linked Here](#))

Position: Community Outreach and Research Intern

Location: Hybrid (4310 George Washington Memorial Highway, Hayes, VA 23072 and remote)
WRSF's mission is to seek, share, and preserve the history of African American education in Gloucester County and beyond. The foundation was formed in 2012 to save the Woodville School from the bulldozer. It was the last remaining of six Rosenwald Schools built in the county. WRSF purchased the building, in 2019, completed renovations and received its occupancy permit from the County in 2025. The school is now open for community events. And per our strategic plan we will promote the school as a museum; build a library; record oral histories to tell the stories of students who attended early African American schools in the county; provide a facility, tools and data for student research; and work with county educators to design and implement an experiential curriculum for student field trips.

ODU Strome College of Business ([Internship Call Linked Here](#))

Position: Business Research Writer Internship

Location: Flexible depending on student preference (Remote, on-campus, hybrid)
The Business Research Writer internship will provide students with a structured learning experience in professional writing, research communication, and content creation, allowing them to develop industry-relevant skills while contributing to the Strome College of Business's communication and outreach initiatives. This internship helps bridge the gap between academic scholarship and public understanding by making faculty research accessible and engaging for business professionals, community members, and the general public.

ODU Philosophy and Spanish Program, Carranza Translation Project ([Internship Call Linked Here](#))

Position: Research and Translation Interns (multiple positions)

Location: In-person (on campus)

Research and Translation Interns will work with faculty in ODU's Philosophy and Spanish Programs at ODU to support the translation of philosophical texts in their historical and cultural contexts, allowing them to develop industry-relevant skills while contributing to new scholarship in the fields.

Design Thinking Internships, ODU Center for Educational Innovation and Opportunity ([Internship Call Linked Here](#))

Position: Design Thinking Intern at the ODU Innovation Lab (multiple positions)

Location: Remote

Up to **10 Design Thinking Interns** will participate in a hands-on, project-based experience through the Center for Educational Innovation and Opportunity at ODU. Interns will receive formal training in design thinking methods and apply those skills to address real-world challenges identified by ODU Lab Schools (grades K-12), the Innovation Lab, and the Center itself.

ODU Cinema and Television Program, Deborah Wallace ([Internship Call Linked Here](#))

Position: Research Intern

Location: Hybrid, with on-site locations at Goode Theater, Peri 1005 Editing Lab

The **Cinema program at Old Dominion University** offers a comprehensive education in film studies, production, and theory. Students gain hands-on experience in screenwriting, directing, and cinematography using state-of-the-art facilities. The program prepares graduates for careers in the film industry, media production, and related fields, fostering creativity and professional skills.

Eastern Shore People of Color History Initiative (EPOCH) ([Internship Call Linked Here](#))

Position: EPOCH Research Intern

Location: Remote (some with optional travel to public history sites)

The **Eastern Shore People of Color History Initiative (EPOCH)** selects 2 history majors or minors to work as researchers and data compilers for a primary source database shared by Colonial Williamsburg, Mount Vernon, and other public history organizations. This database and website that is being created by Colonial Williamsburg will reconnect the generations of families enslaved by the Custis generations, which includes George Washington and Robert E. Lee, from the Eastern Shore of Virginia to Georgetown, D.C.

United Way of South Hampton Roads ([Internship Call Linked Here](#))

Position: Prospect Research Intern

Location: Hybrid (2515 Walmer Ave, Norfolk, VA)

The **United Way of South Hampton Roads** brings people and resources together to solve problems too big for any of us to solve alone.

Wetlands Watch ([Internship Call Linked Here](#))

Position: Flood Resilience Research Intern (Fall 2025)

Location: Remote

Wetlands Watch is a Norfolk, Virginia nonprofit dedicated to protecting wetlands and coastal ecosystems. We work with local governments, planners, and policymakers to integrate stronger climate resilience measures, like nature-based features, into regional and state planning. Our focus is on sustainable shoreline management, flood risk reduction, and ensuring communities are preparing for the future.

Virtual Science Teachers

Position 1: Grant Writing Intern (Fall 2025) ([Internship Call Linked Here](#))

Position 2: Technical Writing Intern (Fall 2025) ([Internship Call Linked Here](#))

Job Location: Remote

Virtual Science Teachers (VST) is a nonprofit organization dedicated to transforming the way students learn science. We provide **free, interactive, standards-aligned virtual science learning resources** that reach thousands of middle school students daily across rural, urban, and underserved communities. Our work supports teachers with robust, accessible tools that build scientific literacy, spark curiosity, and make science relevant and engaging.

Divine Inspiration Outreach ([Internship Call Linked Here](#))

Position: Grant Writer Assistant (Immediate Placement 2025)

Job Location: On-site (off campus)

Since 2018, **Divine Inspiration Outreach** has served the public as a reliable and trusted partner. Our mission is to advance self-sufficiency for homeless single women and equity, expand coverage, and improve self-sufficiency outcomes.

Advocating 4 Kids, Inc. ([Internship Call Linked Here](#))

Position: Research, Writing, and Outreach Intern (Immediate Placement 2025)

Location: Hybrid (on-site days are off campus)

Advocating 4 Kids, Inc. specializes in and promotes equitable special education advocacy services for neurodiverse students and their parents. The internship is also linked to a research project, **Advocating While Black**, aimed at understanding the special education journey for Black families in Virginia.

Nauticus ([Internship Call Linked Here](#))

Multiple Positions: Research-Based Education Intern, Education Onsite Programs Intern, Exhibit Intern, Volunteer Resources Intern (Fall 2025)

Location: On-site (off campus)

Nauticus is a maritime discovery center located along the waterfront in downtown Norfolk, offering a unique form of experiential learning for all ages. Through interactive exhibits and STEM to STERN programming, Nauticus uses the museum, Battleship Wisconsin, sailing center, and Schooner Virginia to tell the story of the maritime environment, industry, and the military.

Riverside Health ([Internship Call Linked Here](#))

Position: Administrative and Research Intern (Immediate Placement Fall 2025)

Location: On-site (off campus)

Riverside Health is a nonprofit, integrated network of hospitals, physicians, continuing care facilities, wellness centers, etc., providing comprehensive, high-quality health services, from the birth of a child through the end of life, to citizens of eastern Virginia.



Museums and Archives

Hunter House Victorian Museum ([Internship Call Linked Here](#))

Position: Museum Operations Intern

Location: On-site (off campus)

The Hunter House Victorian Museum is seeking an intern(s) who is interested in learning the operational aspects of running a small museum. This position is highly visible and requires knowledge of upcoming exhibits, events, and programs. The intern will work in proximity with volunteers and staff members. This is a fantastic opportunity for anyone interested in gaining experience in history and education in the operations of a small history museum.

Hampton Roads Naval Museum (HRNM) ([Internship Call Linked Here](#))

Position: World Languages and Cultures Intern

Supervisor: HRNM Deputy Director / HRNM Director of Education

Hours: 120-150

Deadline: Spring: Jan 1st, Summer: May 1st, Fall: Sept 1st

Location: In-person

The World Languages Interns, under the direction of professional staff, will translate the **Hampton Roads Naval Museum's (HRNM)** visitor guide to the relevant language: Spanish, German, French, or Japanese preferred. The intern will also gain exposure to many facets of museum work including education, volunteers, events, operations, exhibits, artifact collections, and/or strategic communications. Students may earn academic credit if the option is supported by their institution.

Nauticus ([Internship Call Linked Here](#))

Position: Battleship Wisconsin Operations / Historical Interpretation Intern

Location: In-person (One Waterside Dr. Norfolk, VA)

Berthed at **Nauticus**, the Battleship *Wisconsin* is one of the largest and last battleships ever built by the U.S. Navy. Explore its deck through a self-guided tour or, with an additional charge, our guided tours that will take you back in time to experience this majestic ship that earned five battle stars during WWII.

Norfolk Historical Society/Fort Norfolk Museum ([Internship Call Linked Here](#))

Position: Fort Norfolk Museum Intern

Location: On-site (off campus, Fort Norfolk, Norfolk, VA)

Summer 2026 Interns at **Fort Norfolk with the Norfolk Historical Society** will serve as a museum docent, assist in historical research on Fort Norfolk, and help document the archival collection of the Norfolk Historical Society. Fort Norfolk is a historic fort, the final fortification of President George Washington's 18th century harbor defenses, and currently serves as the district office for the U.S. Army Engineer District.

Woodville Rosenwald School Foundation (WRSF) ([Internship Call Linked Here](#))

Position: Community Outreach and Research Intern

Location: Hybrid (4310 George Washington Memorial Highway, Hayes, VA 23072 and remote)

WRSF's mission is to seek, share, and preserve the history of African American education in Gloucester County and beyond. The foundation was formed in 2012 to save the Woodville School from the bulldozer. It was the last remaining of six Rosenwald Schools built in the county. WRSF purchased the building in 2019, completed renovations and received its occupancy permit from the County in 2025. The school is now open for community events. And per our strategic plan we will promote the school as a museum; build a library; record oral histories to tell the stories of students who attended early African American schools in the county; provide a facility, tools and data for student research; and work with county educators to design and implement an experiential curriculum for student field trips.

St. Luke's Historic Church and Museum ([Internship Call Linked Here](#))

Position: Strategic Communications Intern

Location: On-site (off campus, in Smithfield, VA)

Founded in the 17th century, **St. Luke's Historic Church & Museum** is Virginia's oldest church building and a National Historic Landmark dedicated to preserving over 400 years of religious and cultural history. The organization's mission is to preserve, protect, and promote this historic site and its stories through education, research, and public engagement. St. Luke's offers tours, educational programs, and community events that explore the complex intersections of faith, freedom, and American identity.

Eastern Shore People of Color History Initiative (EPOCH) ([Internship Call Linked Here](#))

Position: EPOCH Research Intern

Location: Remote (some with optional travel to public history sites)

The Eastern Shore People of Color History Initiative (EPOCH) selects 2 history majors or minors to work as researchers and data compilers for a primary source database shared by Colonial Williamsburg, Mount Vernon, and other public history organizations. This database and website that is being created by Colonial Williamsburg will reconnect the generations of families enslaved by the Custis generations, which includes George Washington and Robert E. Lee, from the Eastern Shore of Virginia to Georgetown, D.C.

Hermitage Museum & Gardens ([Internship Call Linked Here](#))

Position: Collections Intern (Immediate Placement, 2025/2026 Academic Year)

Location: On-site (off campus)

The **Hermitage Museum & Gardens** in Norfolk's Lochhaven neighborhood is a nationally accredited art museum that offers 12.5 acres of protected woodland, wetland and green space as well as an impressive permanent art collection that spans 5,000 years of world history.

Hermitage Museum & Gardens ([Internship Call Linked Here](#))

Position: Asian Art Collection Intern (Immediate Placement, 2025/2026 Academic Year)

Location: On-site (off campus)

The **Hermitage Museum & Gardens** in Norfolk's Lochhaven neighborhood is a nationally accredited art museum that offers 12.5 acres of protected woodland, wetland and green space as well as an impressive permanent art collection that spans 5,000 years of world history.

World Affairs Council of Hampton Roads ([Internship Call Linked Here](#))

Position: Archival Processing Intern

Location: On-site (off campus)

The **World Affairs Council of Hampton Roads** (WACHR) is a nonprofit, nonpartisan organization committed to engaging the community in global affairs through education and dialogue. With a rich history of convening world leaders, scholars, and policymakers, WACHR provides transformative global education experiences for students, educators, and lifelong learners throughout the region.

Special Collections and University Archives, ODU Perry Library ([Internship Call Linked Here](#))

Position: Special Collections and University Archives [Intern](#) (Immediate Placement Academic Year 2025/2026)

Location: On-site (on campus)

The **Special Collections and University Archives** (SCUA) at ODU collects, preserves, and provides access to unique primary sources, archives, and rare books documenting the history of ODU, the Coastal Virginia Region, and beyond. The department holds a wide variety of collections, including manuscripts, rare books, photographs, and institutional records, and digital collections.

MacArthur Memorial ([Internship Call and Application Linked Here](#))

Multiple Positions: Archives, Curatorial, and Education Intern (which includes social media, educational programming, and special event planning) (Immediate Placement Academic Year 2025/2026)

Location: On-site (off campus)

The **MacArthur Memorial** is a museum and research center dedicated to preserving and presenting the story of the life of General of the Army Douglas MacArthur. It has a Library and Archives and a Museum with current and future special exhibits focused on POWs in the Philippines during WWII and the U.S. Occupation of Japan.

Tidewater Queer History Project ([Internship Call Linked Here](#))

Multiple Positions: Archiving, Social Media/Outreach/Website Management, PR/Marketing and Event Planning, Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project** (TQHP) is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

Nauticus ([*Internship Call Linked Here*](#))

Multiple Positions: Research-Based Education Intern, Education Onsite Programs Intern, Exhibit Intern, Volunteer Resources Intern (Fall 2025)

Location: On-site (off campus)

Nauticus is a maritime discovery center located along the waterfront in downtown Norfolk, offering a unique form of experiential learning for all ages. Through interactive exhibits and STEM to STERN programming, Nauticus uses the museum, Battleship Wisconsin, sailing center, and Schooner Virginia to tell the story of the maritime environment, industry, and the military.

Non-Profit Administration

Non-profit Administration

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Business Development and Community Outreach Intern

Location: Remote

The Business Development and Community Outreach Intern builds relationships with prospective partners, clients, and community members to expand the organization's reach and support its growth. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Project Management Intern

Location: Remote

The Project Manager oversees the planning, implementation, and tracking of a specific short-term project from beginning to end, ensuring specified deliverables are met. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Armed Services YMCA of South Hampton Roads ([Internship Call Linked Here](#))

Position: Community Outreach Intern

Location: Hybrid (1465 Lakeside Rd., Virginia Beach, VA)

The **Armed Services YMCA Hampton Roads'** mission is to enhance the lives of military members and their families in spirit, mind, and body through programs relevant to the unique challenges of military life. From youth development to health and well-being to social responsibility, the ASYMCA creates positive change on a local level where members find new opportunities and the resources needed to tap into their potential, discover their purpose, and connect to a community that shares their challenges and supports their journey.

RESET INC ([Internship Call Linked Here](#))

Position: Administrative Intern

Location: Chesapeake, VA

RESET INC is a community-focused nonprofit dedicated to empowering individuals and families through outreach, resource connection, and supportive services. Key initiatives include food distribution programs, community events, youth and family support services, and partnerships that address food insecurity and social challenges. The organization is committed to creating sustainable impact by meeting people where they are and fostering opportunities for growth, stability, and wellness.

Portsmouth Schools Foundation ([Internship Call Linked Here](#))

Position: Operations and Data Management Intern

Location: Hybrid (Portsmouth, VA)

As an independent nonprofit organization, the **Portsmouth Schools Foundation** works alongside Portsmouth Public Schools to connect community resources with educational opportunities through teacher grants, student scholarships, innovative programs, strategic partnerships, and fundraising initiatives. The Foundation's mission is to help ensure that resources are available where they are needed most, creating opportunities that enhance educational outcomes and support student success.

Excel Basketball Academy ([Internship Call Linked Here](#))

Position: Program & Community Engagement Intern

Location: 2037 Laskin Rd., Virginia Beach - Some remote work, also.

Excel Basketball Academy is a youth sports development organization dedicated to helping young athletes grow on and off the court. While basketball is our platform, our mission is bigger: leadership, confidence, accountability, and community impact. We work with families, schools, and local partners to create positive, structured experiences for kids.

Norfolk Historical Society ([Internship Call Linked Here](#))

Position: Virginia 250 Liaison & Coordination Intern

Location: Primarily remote, with occasional in-person NHS meetings and travel locally

The **Norfolk Historical Society**, both by itself and in partnership with other organizations, shall actively promote the collection, interpretation, and preservation of Norfolk, Virginia area history through educational programs, preservation support, community awareness, and advocacy. The **Virginia 250 Liaison & Coordination Intern** will help ensure the NHS's active participation and representation in local Virginia 250 events commemorating the 250th anniversary of American independence in 2026.

Virginia Beach Library Foundation ([Internship Call Linked Here](#))

Position: Community Investment Intern

Location: Hybrid, in-person location: 2416 Courthouse Dr, Virginia Beach, VA

The **Virginia Beach Library Foundation** is a 501(c)3 certified public nonprofit whose mission is to secure, manage, and invest privately raised funds, gifts, and bequests in support of the Virginia Beach Public Library.

First Baptist Church of Lambert's Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First **Baptist Church of Lambert's Point (FBCLP)** is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church's mission of spiritual growth and community empowerment.

United Way of South Hampton Roads

Position 1: Project Inclusion Program Intern ([Internship Call Linked Here](#))

Position 2: Leadership Societies Program & Engagement Intern ([Internship Call Linked Here](#))

Location: Hybrid (2515 Walmer Ave, Norfolk, VA)

The United Way of South Hampton Roads brings people and resources together to solve problems too big for any of us to solve alone.

The Eliza Hope Foundation ([Internship Call Linked Here](#))

Position: Program Intern (July 8 - August 21, 2025 - 8-10 hours per week)

Location: On-site (off-campus) locations vary: Eliza Hope Therapy Center, YMCA Camp Grom, and others.

The mission of the **Eliza Hope Foundation** is to provide a center that meets the individualized needs of children with autism spectrum disorder and other developmental delays. Our dedicated therapists offer specialized services, interventions, and a therapeutic environment that includes necessary equipment, structure, and support.

Norfolk Tourism Foundation ([Internship Call Linked Here](#))

Position: Nonprofit Management Intern (Summer 2025 & Fall 2025)

Location: Hybrid (on-site days are off campus) at Visit Norfolk Offices (downtown)

The **Norfolk Tourism Foundation** supports Norfolk's hospitality and tourism workforce by advocating for the importance of the industry and addressing workforce needs through education, scholarships, internships, and partner collaboration. We work closely with VisitNorfolk and the Virginia Restaurant Lodging & Travel Association to improve career pathways and economic outcomes for residents in the region. Hospitality and tourism represent the **third-largest economic engine** in the City of Norfolk, employing thousands of people and providing meaningful short- and long-term career opportunities for individuals from all backgrounds.

ROUGE: Theater Reinvented

Position: Business Development Intern ([Internship Call Linked Here](#))

Location: On-site (off campus)

ROUGE: Theater Reinvented is a collective of creators committed to breaking down barriers in the arts. They bring live performance art out of traditional theaters and into everyday spaces, building a platform for bold storytellers and fostering a new generation of theater enthusiasts. Their mission is to revolutionize live performance art, making it universally accessible and connecting people more deeply to themselves, each other, and the world around them.

ForKids ([Internship Call Linked Here](#))

Positions: Multiple (ongoing recruiting)

Location: On-site (off campus)

Since 1988, **ForKids** has delivered individualized services designed to achieve stability for children and families.

Boys and Girls Clubs of Southeast Virginia ([Internship Call Linked Here](#))

Position: Program Intern (Summer 2025)

Location: On-site (off campus)

Boys & Girls Clubs fill a critical need by providing affordable after-school and summer care services to families in communities that need us the most. With our organization, you'll work in a fun and supportive environment where every day is a new opportunity to make a change in a young person's life. All of our staff are professional, driven, passionate, team-oriented, attentive, and fun!

Horizons Hampton Roads ([Internship Call Linked Here](#))

Position: Community Education Intern (Summer 2025)

Location: On-site (off campus: Portsmouth, Norfolk, or Virginia Beach locations)

Horizons Hampton Roads is a vibrant nonprofit organization dedicated to providing enriching academic, cultural, and recreational programs. We aim to empower a diverse group of 385 K-8 students and 35 High School students from under-resourced schools across Norfolk, Portsmouth, and Virginia Beach. Our mission is to nurture the whole student, enhancing their problem-solving skills, sense of responsibility, respect for others, and fostering a lifelong passion for learning. Our programs significantly contribute to higher high school graduation rates, better post-secondary education opportunities, and workforce development.

Divine Inspiration Outreach ([Internship Call Linked Here](#))

Position: Data Entry Intern

Location: On-site (off campus)

Since 2018, **Divine Inspiration Outreach** has served the public as a reliable and trusted partner. Our mission is to advance self-sufficiency for homeless single women and equity, expand coverage, and improve self-sufficiency outcomes.

Nauticus ([Internship Call Linked Here](#))

Multiple Positions: Research-Based Education Intern, Education Onsite Programs Intern, Exhibit Intern, Volunteer Resources Intern (Fall 2025)

Location: On-site (off campus)

Nauticus is a maritime discovery center located along the waterfront in downtown Norfolk, offering a unique form of experiential learning for all ages. Through interactive exhibits and STEM to STERN programming, Nauticus uses the museum, Battleship Wisconsin, sailing center, and Schooner Virginia to tell the story of the maritime environment, industry, and the military.

Riverside Health ([Internship Call Linked Here](#))

Position: Administrative and Research Intern (Immediate Placement Fall 2025)

Location: On-site (off campus)

Riverside Health is a nonprofit, integrated network of hospitals, physicians, continuing care facilities, wellness centers, etc., providing comprehensive, high-quality health services, from the birth of a child through the end of life, to citizens of eastern Virginia.



Media Production

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Video Producer and Editor Intern

Location: Remote

Filming and editing video content for organizational programs, events, and campaigns. Organizing and maintaining a library of raw footage and finished video files. Writing scripts and shot lists for upcoming video projects. Producing short-form videos for social media and marketing use. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

LumaRise ([Internship Call Linked Here](#))

Position: Video Production Intern

Location: Hybrid (Virginia Beach, VA)

LumaRise, Inc. is a Virginia Beach-based nonprofit organization working to bridge the mental health gap in Hampton Roads through authentic storytelling, community connection, and educational resources.

Olive Grove Baptist Church ([Internship Call Linked Here](#))

Position: Digital Media and Communications

Location: In-person (1034 Albert Ave, Norfolk, VA)

Olive Grove Baptist Church is looking for passionate, creative, and driven students who want real-world experience while helping us reach more people and share the hope of Jesus.

Portsmouth Schools Foundation ([Internship Call Linked Here](#))

Position: Digital Storytelling & Communications Intern

Location: Hybrid (Portsmouth, VA)

As an independent nonprofit organization, the **Portsmouth Schools Foundation** works alongside Portsmouth Public Schools to connect community resources with educational opportunities through teacher grants, student scholarships, innovative programs, strategic partnerships, and fundraising initiatives. The Foundation's mission is to help ensure that resources are available where they are needed most, creating opportunities that enhance educational outcomes and support student success.

Norfolk Public Schools Office of Communications and Community Engagement ([Internship Call Linked Here](#))

Position: Visual Storyteller Intern

Location: Hybrid (Norfolk, VA)

The Department of Communications and Community Engagement chronicles the work and mission of Norfolk Public Schools, highlighting its extraordinary efforts to provide a world-class

education to the students in our care. We tell this story with innovation, passion, and dedication, striving always to advance new means of connecting with our families while simultaneously honing our skill on tried-and-true communications tools.

Hero Kids Foundation ([Internship Call Linked Here](#))

Position: Digital Media Production Intern

Location: Hybrid (Suffolk, VA)

Hero Kids Foundation is a Suffolk-based nonprofit dedicated to strengthening the resilience of military and first responder families through nature-based programs, education, and community engagement. Through its Nature Center of Excellence, the foundation provides programs that integrate environmental education, humanities storytelling, youth development, and family wellness. The organization's newest humanities initiative, "Giving Voice to Those Who Serve at Home," empowers youth from service families to explore their experiences through interviews, digital storytelling, and documentary-style media projects that preserve and share important cultural narratives within the Hampton Roads region.

Supernova Alliance ([Internship Call Linked Here](#))

Position: Global Livestream Production Intern

Location: Hybrid (Hampton, VA) Remote work supported with occasional in-person meetings or events as schedule allows.

Supernova Alliance is a Virginia-based nonprofit organization dedicated to music education, cultural exchange, and workforce development in the creative industries. Best known for producing the Supernova International Ska Festival, the organization also operates year-round educational initiatives such as Amplifying Talent, providing hands-on media, audio, and video training to students. Supernova Alliance works with professional production teams, universities, and artists from around the world to create inclusive pathways into creative careers.

ODU College of Engineering and Technology ([Internship Call Linked Here](#))

Position: Video Storytelling Intern

Location: On site (on campus) Engineering Systems Building (ESB)

The Batten College of Engineering and Technology at Old Dominion University helps students tackle real-world problems through hands-on learning, research, and innovation. The college promotes engineering as a way to improve lives and strengthen communities in Hampton Roads and beyond. As the Video Storytelling Intern, you'll help create short videos that highlight engineering students, faculty, research, and outreach.

Teens With Purpose (TWP) ([Internship Call Linked Here](#))

Position: Teaching Artist Intern (TAI)

(Poetry / Music / Theatre / Visual Art)

Location: Norfolk, VA (Hybrid – 75% In-Person / 25% Virtual/Remote)

Teens With a Purpose (TWP) is a creative youth development organization that empowers young people to use their voices, talents, and leadership to create positive change in their communities. Through arts, peer leadership, and civic engagement, TWP provides a safe and nurturing environment where youth express themselves, grow as leaders, and inspire hope.

First Baptist Church of Lambert's Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First Baptist Church of Lambert's Point (FBCLP) is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church's mission of spiritual growth and community empowerment.

ODU Cinema and Television Program, Deborah Wallace

Position 1: Creative Producer Intern ([Internship Call Linked Here](#))

Position 2: Editing Intern ([Internship Call Linked Here](#))

Location: Hybrid, with on-site locations at Goode Theater, Peri 1005 Editing Lab

The **Cinema program at Old Dominion University** offers a comprehensive education in film studies, production, and theory. Students gain hands-on experience in screenwriting, directing, and cinematography using state-of-the-art facilities. The program prepares graduates for careers in the film industry, media production, and related fields, fostering creativity and professional skills.

LanguagingHR Podcast ([Internship Call Linked Here](#))

Position: Podcast production intern

Location: Remote/Hybrid on request

LanguagingHR is a monthly podcast about life and language in Hampton Roads. Launched in January 2024, it is co-hosted by two graduates of ODU's MA in Applied Linguistics program. LanguagingHR explores the history, culture and diversity of Hampton Roads through the lens of language.

ROÛGE: Theater Reinvented

Position: Media Production Intern ([Internship Call Linked Here](#))

Location: On-site (off campus)

ROŪGE: Theater Reinvented is a collective of creators committed to breaking down barriers in the arts. They bring live performance art out of traditional theaters and into everyday spaces, building a platform for bold storytellers and fostering a new generation of theater enthusiasts. Their mission is to revolutionize live performance art, making it universally accessible and connecting people more deeply to themselves, each other, and the world around them.

The Ability Center of Virginia ([Internship Call Linked Here](#))

Position: Video Media and Production, Communications Intern (Immediate Placement, Summer 2025)

Location: On-site (off campus)

The **Ability Center of Virginia** provides superior programs and services to support the needs of individuals with different abilities throughout Hampton Roads. ACVA is a family, where EVERYONE is welcome. The programs provide a wide range of activities that encourage community inclusion, personal independence, healthy life choices, and social skill development.

WHRO Public Media ([Internship Call Linked Here](#))

Position: Production Intern (Academic Year 2025)

Location: On-site (off campus)

WHRO Public Media is the region's largest media company, owned by a group of 21 local public school districts. Through WHRO TV, WHRO FM, WFOS FM, its website, and education content delivered online, WHRO enriches the lives of people in Eastern VA and Northeast NC every day. Contact: mike.diller@whro.org

Tidewater Queer History Project ([Internship Call Linked Here](#))

Position 1: Archiving Interns

Position 2: Social Media/Outreach/Website Management, PR/Marketing and Event Planning Interns

Position 3: Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project** (TQHP) is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

Intercultural Relations and Community Engagement

Intercultural Relations and Community Engagement

Virginia Stage Company ([Internship Linked Here](#))

Position: Education Intern

Location: In person (Norfolk, VA)

The Education Intern will work closely with the Education Department on a variety of education programs, including student matinees, in-school workshops and residencies, and community events. Interns will have the opportunity to develop their teaching skills and to learn how to develop work that is used by the education department. They will also learn how a professional regional theatre plans, develops, and executes educational programs.

Next Step to Success

Positions:

Career Exploration and Interest Group Intern ([Internship Call Linked Here](#))

Career Readiness and Workforce Development Intern ([Internship Call Linked Here](#))

Location: In person (Norfolk, VA)

Next Step to Success (NSTS) empowers Norfolk youth ages 13–18 to break the cycle of poverty by building the independent, resilient character needed for lifelong achievement. We provide free after-school (September–May) and full-day summer (June–August) programs that combine academic support, career exploration, and hands-on experiential learning with daily transportation and nutritious meals.

Hampton Roads Naval Museum (HRNM) ([Internship Call Linked Here](#))

Position: World Languages and Cultures Intern

Supervisor: HRNM Deputy Director / HRNM Director of Education

Hours: 120-150

Deadline: Spring: Jan 1st, Summer: May 1st, Fall: Sept 1st

Location: In-person

The World Languages Interns, under the direction of professional staff, will translate the **Hampton Roads Naval Museum's (HRNM)** visitor guide to the relevant language: Spanish, German, French, or Japanese preferred. The intern will also gain exposure to many facets of museum work, including education, volunteers, events, operations, exhibits, artifact collections, and/or strategic communications. Students may earn academic credit if the option is supported by their institution.

Norfolk Public Schools Office of Communications and Community Engagement ([Internship Call Linked Here](#))

Position: Community Engagement Intern

Location: Hybrid (Norfolk, VA)

The Department of Communications and Community Engagement chronicles the work and mission of Norfolk Public Schools, highlighting its extraordinary efforts to provide a world-class education to the students in our care. We tell this story with innovation, passion, and dedication,

striving always to advance new means of connecting with our families while simultaneously honing our skill on tried-and-true communications tools.

Hero Kids Foundation ([Internship Call Linked Here](#))

Position: Storytelling Intern

Location: Hybrid (Suffolk, VA)

Hero Kids Foundation is a Suffolk-based nonprofit dedicated to strengthening the resilience of military and first responder families through nature-based programs, education, and community engagement. Through its Nature Center of Excellence, the foundation provides programs that integrate environmental education, humanities storytelling, youth development, and family wellness. The organization's newest humanities initiative, "Giving Voice to Those Who Serve at Home," empowers youth from service families to explore their experiences through interviews, digital storytelling, and documentary-style media projects that preserve and share important cultural narratives within the Hampton Roads region.

Teens With Purpose (TWP) ([Internship Call Linked Here](#))

Position: Teaching Artist Intern (TAI)

(Poetry / Music / Theatre / Visual Art)

Location: Norfolk, VA (Hybrid – 75% In-Person / 25% Virtual/Remote)

Teens With a Purpose (TWP) is a creative youth development organization that empowers young people to use their voices, talents, and leadership to create positive change in their communities. Through arts, peer leadership, and civic engagement, TWP provides a safe and nurturing environment where youth express themselves, grow as leaders, and inspire hope.

Norfolk Public Library ([Internship Call Linked Here](#))

Position: Multiple, [see flyer](#) (**Application Deadline, August 29, Fall 2025**)

Location: In-person

The **Norfolk Public Library** offers equal opportunity access to information, high quality book and multimedia materials, programs, exhibits, online resources, and technology to meet the needs of our diverse community for life-long learning, cultural enrichment, and intellectual stimulation. To fulfill its mission, the Library employs a knowledgeable, well-trained staff committed to excellent service and civility.

The Messages Project ([Internship Call Linked Here](#))

Position: Community Intern (Immediate Placement, Fall 2025)

Location: Hybrid

The Messages Project is dedicated to supporting children and families affected by incarceration by creating meaningful opportunities for connection, healing, and hope. We believe that every child deserves to feel loved and remembered, regardless of their circumstances. By fostering communication and creative expression, we empower incarcerated parents to maintain and strengthen bonds with their children, encouraging healing and long-term positive outcomes.

Hermitage Museum & Gardens ([Internship Call Linked Here](#))

Position: Asian Art Collection Intern (Immediate Placement, 2025/2026 Academic Year)

Location: On-site (off campus)

The **Hermitage Museum & Gardens** in Norfolk's Lochhaven neighborhood is a nationally accredited art museum that offers 12.5 acres of protected woodland, wetland and green space as well as an impressive permanent art collection that spans 5,000 years of world history.

C.H.O.I.C.E. Re-Entry Services Program ([Internship Call Linked Here](#))

Position: Re-Entry Services Intern (Fall 2025, Spring 2026)

Location: On-site (off campus)

The mission of **C.H.O.I.C.E Re-Entry Services Program** is to equip returning citizens with the tools, resources, and support needed to navigate the challenges of reintegration successfully. Through personalized guidance, education, and skill-building initiatives, we strive to break down barriers to success, promote self-sufficiency, and foster a community of belonging and dignity. Our commitment is to cultivate resilience, restore hope, and facilitate positive transformation for individuals transitioning back into society. All programming and initiatives are rooted in our four pillars of Education, Employment, Substance Use, and Mental Health Treatment & Access.

Office of Intercultural Relations, ODU ([Internship Call Linked Here](#))

Position: Intercultural Student Success Interns

Location: On-site (on campus)

The **Office of Intercultural Relations** is committed to fostering interculturalization on campus through program initiatives that integrate intercultural learning experiences, embrace global perspectives, and enhance students' sense of belonging, engagement, and success.

Horizons Hampton Roads ([Internship Call Linked Here](#))

Position: Community Education Intern (Summer 2025)

Location: On-site (off campus, choose between Portsmouth, Norfolk, or Virginia Beach location)

Horizons Hampton Roads is a vibrant nonprofit organization dedicated to providing enriching academic, cultural, and recreational programs. We aim to empower a diverse group of 385 K-8 students and 35 High School students from under-resourced schools across Norfolk, Portsmouth, and Virginia Beach. Our mission is to nurture the whole student, enhancing their problem-solving skills, sense of responsibility, respect for others, and fostering a lifelong passion for learning. Our programs significantly contribute to higher high school graduation rates, better post-secondary education opportunities, and workforce development.

Environmental Information Center ([Internship Call Linked Here](#))

Position: Translator (Academic Year - Fall 25/Spring 26)

Location: Remote

The **Environmental Information Center** (EIC, <https://e-info.org.tw/>) is an independent, non-profit online media in Taiwan established by the Taiwan Environmental Information Association (TEIA). We have been providing environmental news since 2000. EIC covers environmental news from Taiwan, China, and other countries, along with issues such as biodiversity, climate change, energy transition, land use, pollution control, and so on.

The 757 Creative ReUse Center ([*Internship Call Linked Here*](#))

Position: Creative Arts Facilitator (Summer 2025)

Location: On-site (off campus)

The 757 Creative ReUse Center is a nonprofit organization dedicated to providing accessible and affordable second-hand arts and crafts supplies, while reducing waste and promoting reuse.

Communications, Marketing, and Social Media

Communications, Marketing, and Social Media

Virginia Stage Company ([Internship Linked Here](#))

Position: Marketing Intern

Location: In-person (Norfolk, VA)

Virginia Stage Company is seeking a creative, collaborative Marketing Intern for the fall semester. This hands-on internship provides the opportunity to gain real-world experience in arts marketing while helping promote Virginia Stage Company productions, programs, and community events. The Marketing Intern will work closely with the Marketing Department on a variety of projects, including email marketing, social media, graphic design, audience engagement, public events, and grassroots marketing.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Publicist and Graphic Design Intern

Location: Remote

The Publicist and Graphic Designer Intern builds public awareness of the organization's work through media outreach and public relations, while designing visual materials that support its programs, campaigns, and brand identity. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Web Design and Social Media Manager Intern

Location: Remote

The Web Design and Social Media Manager oversees the organization's website and social media presence, creating and maintaining engaging digital content that strengthens the organization's online visibility and brand. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Securing Our Children's Future ([Internship Call Linked Here](#))

Position: Community Outreach / Research Intern

Location: Hybrid (Williamsburg-based nonprofit.)

This internship offers a mission-driven opportunity to support Securing Our Children's Future, LLC in addressing childhood food insecurity across Hampton Roads. Working alongside organizational leadership and community partners, the intern will help advance initiatives that provide weekend backpack meals while strengthening literacy, mentorship, outreach, and community engagement. The role contributes to the organization's mission by expanding its

capacity to connect children and families with reliable nourishment, encouragement, and opportunities to thrive when school is out. In return, the intern will gain hands-on experience in nonprofit operations, research, communications, program support, and partnership development; strengthen professional writing, teamwork, and project-management skills; and build meaningful work samples while seeing how community-centered service creates measurable local impact.

Virginia Arts Festival ([Internship Call Linked Here](#))

Position: Marketing and Public Relations Intern

Location: Norfolk, VA

Virginia Arts Festival is seeking an outgoing, dependable, and enthusiastic Marketing & Public Relations Intern to support our marketing team through hands-on event marketing, community outreach, and audience engagement. This internship is ideal for someone who enjoys interacting with people, representing an organization in the community, increase ticket sales, and helping create memorable experiences at live events.

ODU College of Arts and Letters ([Internship Call Linked here](#))

Position: Marketing and Communications Intern

The College of Arts and Letters at ODU is the largest and most diverse college on campus. It functions as a core intellectual and cultural center for ODU and the many communities it serves. It is recognized as an innovator leader in arts, humanities, and social sciences education and interdisciplinary studies in the mid-Atlantic region, with a track record of preparing students to be critical thinkers, creative problem solvers, effective communicators, and engaged citizens.

Come As You Are (CAYA) ([Internship Call Linked Here](#))

Position: Communications Intern

Location: Hybrid (Virginia Beach, NC)

Come As You Are (CAYA) is a Hampton Roads–based nonprofit founded in 2024 with a clear and urgent mission: to empower neurodivergent adults to achieve the level of independence they aim to reach in life — through education, workforce readiness, and life skills development. We believe in self-determination and that every individual has the right to live a life that brings dignity and pride.

Come As You Are (CAYA) ([Internship Call Linked Here](#))

Position: WorkREADY Internship

Location: Hybrid (Virginia Beach, NC)

Come As You Are (CAYA) is a Hampton Roads–based nonprofit founded in 2024 with a clear and urgent mission: to empower neurodivergent adults to achieve the level of independence they aim to reach in life — through education, workforce readiness, and life skills development. We believe in self-determination and that every individual has the right to live a life that brings dignity and pride.

Rotary Club of Norfolk ([Internship Call Linked Here](#))

Position: Social Media Coordinator Internship

Location: Hybrid (Norfolk, VA)

Founded in 1914, **Rotary Club of Norfolk** is a vibrant group of leaders who enjoy being part of southeastern Virginia’s oldest and largest service club. The club’s 100-plus members

are community leaders living or working in Norfolk, Virginia, or nearby communities. We are community-minded leaders from business, nonprofit, education, government, and military professions.

LumaRise ([Internship Call Linked Here](#))

Position: Digital Communications & Marketing Internship

Location: Hybrid (Virginia Beach, VA)

LumaRise, Inc. is a Virginia Beach-based nonprofit organization working to bridge the mental health gap in Hampton Roads through authentic storytelling, community connection, and educational resources.

Olive Grove Baptist Church ([Internship Call Linked Here](#))

Position: Digital Media and Communications

Location: In-person (1034 Albert Ave, Norfolk, VA)

Olive Grove Baptist Church is looking for passionate, creative, and driven students who want real-world experience while helping us reach more people and share the hope of Jesus.

Next Step to Success

Position: Marketing, Media and Communications Intern ([Internship Call Linked Here](#))

Next Step to Success (NSTS) empowers Norfolk youth ages 13–18 to break the cycle of poverty by building the independent, resilient character needed for lifelong achievement. We provide free after-school (September–May) and full-day summer (June–August) programs that combine academic support, career exploration, and hands-on experiential learning with daily transportation and nutritious meals.

RESET INC ([Internship Call Linked Here](#))

Position: Communications and Digital Content Development Intern

Location: Chesapeake, VA

RESET INC is a community-focused nonprofit dedicated to empowering individuals and families through outreach, resource connection, and supportive services. Key initiatives include food distribution programs, community events, youth and family support services, and partnerships that address food insecurity and social challenges. The organization is committed to creating sustainable impact by meeting people where they are and fostering opportunities for growth, stability, and wellness.

Norfolk Public Schools Office of Communications and Community Engagement ([Internship Call Linked Here](#))

Position: Social Media and Digital Marketing Intern

Location: Hybrid (Norfolk, VA)

The Department of Communications and Community Engagement chronicles the work and mission of Norfolk Public Schools, highlighting its extraordinary efforts to provide a world-class education to the students in our care. We tell this story with innovation, passion, and dedication,

striving always to advance new means of connecting with our families while simultaneously honing our skill on tried-and-true communications tools.

Norfolk Public Schools Office of Communications and Community Engagement
([Internship Call Linked Here](#))

Position: Strategic Communicator Intern

Location: Hybrid (Norfolk, VA)

The Department of Communications and Community Engagement chronicles the work and mission of Norfolk Public Schools, highlighting its extraordinary efforts to provide a world-class education to the students in our care. We tell this story with innovation, passion, and dedication, striving always to advance new means of connecting with our families while simultaneously honing our skill on tried-and-true communications tools.

Clean Virginia Waterways ([Internship Call Linked Here](#))

Position: Communications and Development Internship

Location: Hybrid (Virginia Beach, VA)

The mission of **Clean Virginia Waterways (CVW)** is to enhance the health of Virginia's waterways through collaborative leadership, plastic pollution and marine debris prevention, and advocacy for a sustainable future. Founded in 1995, CVW is an independent, statewide 501(c)(3) nonprofit organization and is affiliated with the Ocean Conservancy. CVW has organized the International Coastal Cleanup in Virginia since 1995 and is recognized as a leader in researching marine debris, including its sources, impacts and solutions. CVW focuses on prevention of land-based litter through education, collaboration, research, advocacy, engaging the public in hands-on stewardship through cleanup events, and conducting social marketing research and campaigns.

Clean Virginia Waterways ([Internship Call Linked Here](#))

Position: Virginia Waterways Cleanup Communications Intern

Location: Hybrid (Virginia Beach, VA)

The mission of **Clean Virginia Waterways (CVW)** is to enhance the health of Virginia's waterways through collaborative leadership, plastic pollution and marine debris prevention, and advocacy for a sustainable future. Founded in 1995, CVW is an independent, statewide 501(c)(3) nonprofit organization and is affiliated with the Ocean Conservancy. CVW has organized the International Coastal Cleanup in Virginia since 1995 and is recognized as a leader in researching marine debris, including its sources, impacts and solutions. CVW focuses on prevention of land-based litter through education, collaboration, research, advocacy, engaging the public in hands-on stewardship through cleanup events, and conducting social marketing research and campaigns.

Volunteer Hampton Roads ([Internship Call Linked Here](#))

Position: Social Media and Digital Marketing Internship

Location: In Person (Norfolk, VA)

Volunteer Hampton Roads is the only comprehensive volunteer center in Hampton Roads, serving all localities in the region. We work with our nonprofit members to build their capacity and achieve their missions by providing training, facilitating volunteerism, coordinating large-scale projects, or by complimenting their work through our programs and outreach. As a local leader in nonprofit excellence, we have learned the importance of staying consistent, mission-focused and deepening programs and service deliveries.

Roze Worrell, Author and Community Advocate ([Internship Call Linked Here](#))

Position: Digital Content and Community Engagement Intern

Location: Hybrid (Norfolk, VA)

As the author of the inspirational gift book, *HEARTS: Finding Unexpected Signs of Hope*, and creator of a philosophy serving as a guidepost for one's work and personal life (H.E.A.R.T. - Honesty, Empathy, Adaptability, Responsibility, and Teamwork enveloped in passion and respect), Roze Worrell is dedicated to providing guidance and support in every aspect of an individual's journey. Her intention behind *HEARTS* is to lift others up and foster a community of understanding, mindfulness, and resilience.

Supernova Alliance ([Internship Call Linked Here](#))

Position: Organizational & Interpersonal Communication Intern

Location: Hybrid (Hampton, VA) Remote work supported with occasional in-person meetings or events as schedule allows.

Supernova Alliance is a Virginia-based nonprofit organization dedicated to music education, cultural exchange, and workforce development in the creative industries. Best known for producing the Supernova International Ska Festival, the organization also operates year-round educational initiatives such as Amplifying Talent, providing hands-on media, audio, and video training to students. Supernova Alliance works with professional production teams, universities, and artists from around the world to create inclusive pathways into creative careers.

Wood Athletic Academy ([Internship Call Linked Here](#))

Position: Marketing Internship

Wood Athletic Academy is a dynamic youth basketball mentorship and coaching organization with an associated sports apparel brand called EIE, which stands for "Enough Isn't Enough."

Norfolk Historical Society ([Internship Call Linked Here](#))

Position: Social Media, Marketing and Strategic Communications Intern

Location: Primarily remote, with occasional in-person NHS meetings and travel locally

The **Norfolk Historical Society**, both by itself and in partnership with other organizations, shall actively promote the collection, interpretation, and preservation of Norfolk, Virginia area history through educational programs, preservation support, community awareness, and advocacy. The

Social Media, Marketing and Strategic Communications Intern help develop and implement a cohesive communication strategy designed to increase public awareness of NHS programs and events, including major commemorative and education events associated with the nation's 250th anniversary of the U.S. Declaration of Independence.

St. Luke's Historic Church and Museum ([Internship Call Linked Here](#))

Position: Strategic Communications Intern

Location: On-site (off campus, in Smithfield, VA)

Founded in the 17th century, **St. Luke's Historic Church & Museum** is Virginia's oldest church building and a National Historic Landmark dedicated to preserving over 400 years of religious and cultural history. The organization's mission is to preserve, protect, and promote this historic site and its stories through education, research, and public engagement. St. Luke's offers tours, educational programs, and community events that explore the complex intersections of faith, freedom, and American identity.

Virginia Beach Library Foundation ([Internship Call Linked Here](#))

Position: Marketing & Strategic Communication Intern

Location: Hybrid, in-person location: 2416 Courthouse Dr, Virginia Beach, VA

The **Virginia Beach Library Foundation** is a 501(c)3 certified public nonprofit whose mission is to secure, manage, and invest privately raised funds, gifts, and bequests in support of the Virginia Beach Public Library.

First Baptist Church of Lambert's Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First Baptist Church of Lambert's Point (FBCLP) is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church's mission of spiritual growth and community empowerment.

ODU Theatre and Film Program ([Internship Call Linked Here](#))

Position: Communications and Public Relations Intern (Fall 2025)

Location: On-site (on campus)

The ODU Theatre programs are looking for an intern to make the culminating event of our fall recruiting and retention initiative, Find Your Mark: Theatre, Film, and Dance at ODU, a rousing success. We seek an individual with excellent communication skills and coordination skills to assist Theatre Program Director, Kate Clemons, and Film Chief Departmental Advisor, Carolina Conte, in execution and management of the public relations and communications campaigns.

Virginia Arts Festival ([Internship Call Linked Here](#))

Position: Marketing and Public Relations Intern

Location: On-site (440 Bank St. Norfolk, VA)

The largest performing arts organization in southeastern Virginia, **Virginia Arts Festival** has transformed the region's cultural scene, presenting great performers from around the world and making this historic region a cultural destination for visitors from across the United States and around the world. Each season, the Festival presents over 250 performances, including free community events, student matinees, and workshops, with an annual attendance of over 110,000.

ROAR ([Internship Call Linked Here](#))

Position: Marketing and Production Interns

Location: On-site (on campus)

ROAR is ODU's strategic communications agency. It focuses on helping students gain extensive real-world experience with clients, in which students learn relevant analytical, business, and creative skills used in the field.

CIVIC Leadership Institute ([Internship Call Linked Here](#))

Position: Social Media and Marketing (Fall 2025)

Location: On-site (on campus) 4211 Monarch Way, Suite 116, Norfolk, VA (In person)

The **CIVIC Leadership Institute** is a 501(c)(3) nonprofit organization dedicated to connecting executive leaders from across the Hampton Roads region to foster strategic community service and leadership development. Through its Executive Program, CIVIC fosters a network of professionals who are committed to regional collaboration and civic engagement. The CIVIC Scholars Program, a collaborative initiative with Old Dominion University and Tidewater Community College, aims to cultivate a spirit of leadership, professionalism, and civic responsibility among college students in the region.

ODU's School of Data Science ([Internship Call Linked Here](#))

Position: Communication and Outreach Intern (Immediate Placement Fall 2025)

Location: On-site (on campus)

At **ODU's School of Data Science**, students learn to harness computational tools to uncover hidden patterns in vast data sets, transforming findings into actionable knowledge that drives problem-solving across diverse fields. More than just technical skills, our programs emphasize effective communication, ethical considerations, and the societal impacts of data science in a rapidly evolving world.

ODU Office of Counseling Services ([Internship Call Linked Here](#))

Position: Communications and Marketing Intern (Fall 2025)

Location: On-site (on campus)

The **Office of Counseling Services** provides free mental health care to ODU students to promote overall well-being, ensuring that students can achieve their academic goals. Counseling Services does this through consultation, individual and group counseling, psychiatric services, crisis intervention, and a variety of outreaches and events for the student body.

Validation Counseling Services ([Internship Call Linked Here](#))

Position: Communications Intern (Immediate Placement 2025)

Location: Hybrid (on-site days are off campus)

Validation Counseling Services is committed to supporting the mental health and overall wellness of veterans, first responders, and community members through education, prevention, intervention, treatment, and recovery. Our goal is to provide culturally competent, people-focused services that enrich the lives of those we encounter on their journey to wellness.

ODU Office of International Collaborations ([Internship Call Linked Here](#))

Position: Podcast, Newsletter & Social Media Interns (Immediate Placement Academic Year 2025/2026)

Location: On-site (on campus)

The **Office of International Collaborations** (OIC) strengthens ODU's global presence by cultivating international partnerships and collaborations that advance the University's academic and research initiatives. OIC seeks to drive a thorough internationalization program at ODU, fostering a diverse, inclusive, and sustainable global campus environment.

Butterfly Village ([Internship Call Linked Here](#))

Position: Needs Assessment Intern

Location: Remote / Hybrid

Butterfly Village is a community-centered organization focused on empowering individuals and fostering sustainable change. It offers various programs, including She Can STEM Academy, aimed at providing young women with the tools and confidence to excel in STEM fields.

Virginia Asian Chamber of Commerce ([Internship Call Linked Here](#))

Position: Economic Development and Strategic Marketing Internship, Hampton Roads Office (Immediate Placement, 2025-2026)

Location: Hybrid (on-site days are off campus)

The **Virginia Asian Chamber of Commerce** (VACC) is the official "Voice of Asian American Pacific Islander Business" and Virginia's oldest and only statewide Asian American-owned business trade association. The organization maintains membership from private businesses, nonprofits, local governments, state, federal authority agencies, higher education, Fortune 100/500 global companies, and more.

Riverside Health ([Internship Call Linked Here](#))

Position: Social Media, Content Creation, and Event Promotions Intern (Immediate Placement Fall 2025)

Location: On-site (off campus)

Riverside Health is a nonprofit, integrated network of hospitals, physicians, continuing care facilities, wellness centers, etc., providing comprehensive, high-quality health services, from the birth of a child through the end of life, to citizens of eastern Virginia.

Norfolk Sister Cities ([Internship Call Linked Here](#))

Position: Communications, Marketing, Event, and Exchange Planning Intern (Immediate Placement 2025)

Location: On-site (off campus)

Norfolk Sister Cities is a nonprofit citizen diplomacy organization that creates and strengthens partnerships between the City of Norfolk, VA, and its international partner communities.

Soundscapes ([*Internship Call Linked Here*](#))

Position: Marketing Intern

Location: Hybrid (on-site days are off campus)

Soundscapes is a nonprofit youth development organization in Newport News that uses music instruction and performance to develop life skills in students from early childhood to early adulthood.

Catholic Charities of Eastern Virginia ([*Internship Call Linked Here*](#))

Position: Development and Marketing Intern (Summer 2025)

Location: On-site (off campus)

Catholic Charities of Eastern Virginia (CCEVA) provides services for all people in need, but with a special focus on youth and family services, financial and housing counseling, mental health counseling, health and community services, and senior services.

ODU Ice Hockey Club ([*Internship Call Linked Here*](#))

Position: Sports Media Internship (Immediate Placement 2025)

Location: On-site (on campus)

Old Dominion University Ice Hockey Club celebrated twenty years at ODU in 2021. The team is in division three of the American Collegiate Hockey Association and will be transitioning to the College Hockey Federation in the new season.

MacArthur Memorial ([*Internship Call and Application Linked Here*](#))

Multiple Positions: Archives, Curatorial, and Education Intern (which includes social media, educational programming, and special event planning) (Summer and Fall 2025)

Location: On-site (off campus)

The MacArthur Memorial is a museum and research center dedicated to preserving and presenting the story of the life of General of the Army Douglas MacArthur. It has a Library and Archives and a Museum with current and future special exhibits focused on POWs in the Philippines during WWII and the U.S. Occupation of Japan.

Tidewater Queer History Project ([*Internship Call Linked Here*](#))

Multiple Positions: Archiving, Social Media/Outreach/Website Management, PR/Marketing and Event Planning, Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project (TQHP)** is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

WHRO Public Media ([*Internship Call Linked Here*](#))

Position: Social Media and Digital Strategy Intern (Summer 2025)

Location: On-site (off campus)

WHRO Public Media is the region's largest media company, owned by a group of 21 local public school districts. Through WHRO TV, WHRO FM, WFOS FM, its website, and education content delivered online, WHRO enriches the lives of people in Eastern VA and Northeast NC every day.

ODU Alumni Relations, Macon & Joan Brock, Virginia Health Sciences ([Internship Call Linked Here](#))

Position: Communications Intern (Immediate Placement 2025)

Location: Hybrid (on-site days are on campus)

Alumni Relations helps alumni maintain important connections and facilitates alumni-student interaction for enriching educational experiences. Alumni Relations manages the Legacy EVMS Alumni Association, which serves over 14,000 members.

ODU University Communications ([Internship Call Linked Here](#))

Position: ODU Digital Monarch Social Media Intern

Location: On-site (on campus)

ODU University Communications strives to build a unified and inspirational brand promoting local, regional, and national recognition for ODU. Through news and media relations, marketing and branding, photography and video, and numerous digital platforms, the office touts the University's accomplishments and engages Monarchs' past, present, and future.



Remote Positions

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Business Development and Community Outreach Intern

Location: Remote

The Business Development and Community Outreach Intern builds relationships with prospective partners, clients, and community members to expand the organization's reach and support its growth. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Project Management Intern

Location: Remote

The Project Manager oversees the planning, implementation, and tracking of a specific short-term project from beginning to end, ensuring specified deliverables are met. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Publicist and Graphic Design Intern

Location: Remote

The Publicist and Graphic Designer Intern builds public awareness of the organization's work through media outreach and public relations, while designing visual materials that support its programs, campaigns, and brand identity. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Video Producer and Editor Intern

Location: Remote

Filming and editing video content for organizational programs, events, and campaigns. Organizing and maintaining a library of raw footage and finished video files. Writing scripts and shot lists for upcoming video projects. Producing short-form videos for social media and marketing use. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Policy and Research Fellow Intern

Location: Remote

The Policy and Research Fellow Intern researches and analyzes public policy trends, policy issues, and best practices, producing findings that inform the organization's programs, publications, and advocacy efforts. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Web Design and Social Media Manager Intern

Location: Remote

The Web Design and Social Media Manager oversees the organization's website and social media presence, creating and maintaining engaging digital content that strengthens the organization's online visibility and brand. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

Nonprofit Startup Center ([Internship Linked Here](#))

Position: Grant Writing Intern

Location: Remote

This position will focus on researching available and applicable grants. Data entry and timeline development for grant proposals. Research, retrieval, and assembly of background material for grant proposals. Drafting letters of inquiry and full grant proposals for submission. The **Nonprofit StartUp Center** is your trusted partner in starting, developing, and managing your Nonprofit. We provide up-to-date solutions for grant development and management, capital campaigns, leadership coaching, and organizational management.

ODU Strome College of Business ([Internship Call Linked Here](#))

Position: Business Research Writer Internship

Location: Flexible depending on student preference (Remote, on-campus, hybrid)

The Business Research Writer internship will provide students with a structured learning experience in professional writing, research communication, and content creation, allowing them to develop industry-relevant skills while contributing to the Strome College of Business's communication and outreach initiatives. This internship helps bridge the gap between academic scholarship and public understanding by making faculty research accessible and engaging for business professionals, community members, and the general public.

LumaRise ([Internship Call Linked Here](#))

Position: Digital Communications & Marketing Internship

Location: Hybrid (Virginia Beach, VA)

LumaRise, Inc. is a Virginia Beach-based nonprofit organization working to bridge the mental health gap in Hampton Roads through authentic storytelling, community connection, and educational resources.

First Baptist Church of Lambert's Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First Baptist Church of Lambert's Point (FBCLP) is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church's mission of spiritual growth and community empowerment.

Eastern Shore People of Color History Initiative (EPOCH) ([Internship Call Linked Here](#))

Position: EPOCH Research Intern

Location: Remote (some with optional travel to public history sites)

The Eastern Shore People of Color History Initiative (EPOCH) selects 2 history majors or minors to work as researchers and data compilers for a primary source database shared by Colonial Williamsburg, Mount Vernon, and other public history organizations. This database and website that is being created by Colonial Williamsburg will reconnect the generations of families enslaved by the Custis generations, which includes George Washington and Robert E. Lee, from the Eastern Shore of Virginia to Georgetown, D.C.

Wetlands Watch ([Internship Call Linked Here](#))

Position: Flood Resilience Research Intern (Fall 2025)

Location: Remote

Wetlands Watch is a Norfolk, Virginia nonprofit dedicated to protecting wetlands and coastal ecosystems. We work with local governments, planners, and policymakers to integrate stronger climate resilience measures, like nature-based features, into regional and state planning. Our focus is on sustainable shoreline management, flood risk reduction, and ensuring communities are preparing for the future.

Virtual Science Teachers

Position 1: Grant Writing Intern (Fall 2025) ([Internship Call Linked Here](#))

Position 2: Technical Writing Intern (Fall 2025) ([Internship Call Linked Here](#))

Job Location: Remote

Virtual Science Teachers (VST) is a nonprofit organization dedicated to transforming the way students learn science. We provide **free, interactive, standards-aligned virtual science learning resources** that reach thousands of middle school students daily across rural, urban, and underserved communities. Our work supports teachers with robust, accessible tools that build scientific literacy, spark curiosity, and make science relevant and engaging.

LanguagingHR Podcast ([*Internship Call Linked Here*](#))

Position: Podcast production intern

Location: Remote/Hybrid on request

LanguagingHR is a monthly podcast about life and language in Hampton Roads. Launched in January 2024, it is co-hosted by two graduates of ODU's MA in Applied Linguistics program. LanguagingHR explores the history, culture and diversity of Hampton Roads through the lens of language.

World Affairs Council of Hampton Roads ([*Internship Call Linked Here*](#))

Position: Media Production Intern

Location: Hybrid (Filming will be at events in Hampton Roads; editing work can be remote.)

The **World Affairs Council of Hampton Roads** (WACHR) is a nonprofit, nonpartisan organization committed to engaging the community in global affairs through education and dialogue. With a rich history of convening world leaders, scholars, and policymakers, WACHR provides transformative global education experiences for students, educators, and lifelong learners throughout the region.

Tidewater Queer History Project ([*Internship Call Linked Here*](#))

Position 1: Archiving Interns

Position 2: Social Media/Outreach/Website Management, PR/Marketing and Event Planning Interns

Position 3: Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project** (TQHP) is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

Environmental Information Center ([*Internship Call Linked Here*](#))

Position: Translator (Academic Year - Fall 25/Spring 26)

Location: Remote

The **Environmental Information Center** (EIC, <https://e-info.org.tw/>) is an independent, non-profit online media in Taiwan established by the Taiwan Environmental Information Association (TEIA). We have been providing environmental news since 2000. EIC covers environmental news from Taiwan, China, and other countries, along with issues such as biodiversity, climate change, energy transition, land use, pollution control, and so on.

Butterfly Village ([*Internship Call Linked Here*](#))

Position: Needs Assessment Intern

Location: Remote / Hybrid

Butterfly Village is a community-centered organization focused on empowering individuals and fostering sustainable change. It offers various programs, including She Can STEM Academy, aimed at providing young women with the tools and confidence to excel in STEM fields.

Hybrid

Securing Our Children's Future ([Internship Call Linked Here](#))

Position: Community Outreach / Research Intern

Location: Hybrid (Williamsburg-based nonprofit.)

This internship offers a mission-driven opportunity to support Securing Our Children's Future, LLC in addressing childhood food insecurity across Hampton Roads. Working alongside organizational leadership and community partners, the intern will help advance initiatives that provide weekend backpack meals while strengthening literacy, mentorship, outreach, and community engagement. The role contributes to the organization's mission by expanding its capacity to connect children and families with reliable nourishment, encouragement, and opportunities to thrive when school is out. In return, the intern will gain hands-on experience in nonprofit operations, research, communications, program support, and partnership development; strengthen professional writing, teamwork, and project-management skills; and build meaningful work samples while seeing how community-centered service creates measurable local impact.

ODU Strome College of Business ([Internship Call Linked Here](#))

Position: Business Research Writer Internship

Location: Flexible depending on student preference (Remote, on-campus, hybrid)

The Business Research Writer internship will provide students with a structured learning experience in professional writing, research communication, and content creation, allowing them to develop industry-relevant skills while contributing to the Strome College of Business's communication and outreach initiatives. This internship helps bridge the gap between academic scholarship and public understanding by making faculty research accessible and engaging for business professionals, community members, and the general public.

Come As You Are (CAYA) ([Internship Call Linked Here](#))

Position: Communications Intern

Location: Hybrid (Virginia Beach, NC)

Come As You Are (CAYA) is a Hampton Roads-based nonprofit founded in 2024 with a clear and urgent mission: to empower neurodivergent adults to achieve the level of independence they aim to reach in life — through education, workforce readiness, and life skills development. We believe in self-determination and that every individual has the right to live a life that brings dignity and pride.

Come As You Are (CAYA) ([Internship Call Linked Here](#))

Position: WorkREADY Internship

Location: Hybrid (Virginia Beach, NC)

Come As You Are (CAYA) is a Hampton Roads-based nonprofit founded in 2024 with a clear and urgent mission: to empower neurodivergent adults to achieve the level of independence they aim to reach in life — through education, workforce readiness, and life skills development.

We believe in self-determination and that every individual has the right to live a life that brings dignity and pride.

Rotary Club of Norfolk ([Internship Call Linked Here](#))

Position: Social Media Coordinator Internship

Location: Hybrid (Norfolk, VA)

Founded in 1914, **Rotary Club of Norfolk** is a vibrant group of leaders who enjoy being part of southeastern Virginia's oldest and largest service club. The club's 100-plus members are community leaders living or working in Norfolk, Virginia, or nearby communities. We are community-minded leaders from business, nonprofit, education, government, and military professions.

LumaRise ([Internship Call Linked Here](#))

Position: Video Production Intern

Location: Hybrid (Virginia Beach, VA)

LumaRise, Inc. is a Virginia Beach-based nonprofit organization working to bridge the mental health gap in Hampton Roads through authentic storytelling, community connection, and educational resources.

Norfolk Historical Society ([Internship Call Linked Here](#))

Position: Virginia 250 Liaison & Coordination Intern

Location: Primarily remote, with occasional in-person NHS meetings and travel locally

The **Norfolk Historical Society**, both by itself and in partnership with other organizations, shall actively promote the collection, interpretation, and preservation of Norfolk, Virginia area history through educational programs, preservation support, community awareness, and advocacy. The **Virginia 250 Liaison & Coordination Intern** will help ensure the NHS's active participation and representation in local Virginia 250 events commemorating the 250th anniversary of American independence in 2026.

Norfolk Historical Society ([Internship Call Linked Here](#))

Position: Social Media, Marketing and Strategic Communications Intern

Location: Primarily remote, with occasional in-person NHS meetings and travel locally

The **Norfolk Historical Society**, both by itself and in partnership with other organizations, shall actively promote the collection, interpretation, and preservation of Norfolk, Virginia area history through educational programs, preservation support, community awareness, and advocacy. The **Social Media, Marketing and Strategic Communications Intern** help develop and implement a cohesive communication strategy designed to increase public awareness of NHS programs and events, including major commemorative and education events associated with the nation's 250th anniversary of the U.S. Declaration of Independence.

Virginia Beach Library Foundation ([Internship Call Linked Here](#))

Position: Community Investment Intern

Location: Hybrid, in-person location: 2416 Courthouse Dr, Virginia Beach, VA

The **Virginia Beach Library Foundation** is a 501(c)3 certified public nonprofit whose mission is to secure, manage, and invest privately raised funds, gifts, and bequests in support of the Virginia Beach Public Library.

Virginia Beach Library Foundation ([Internship Call Linked Here](#))

Position: Marketing & Strategic Communication Intern

Location: Hybrid, in-person location: 2416 Courthouse Dr, Virginia Beach, VA

The **Virginia Beach Library Foundation** is a 501(c)3 certified public nonprofit whose mission is to secure, manage, and invest privately raised funds, gifts, and bequests in support of the Virginia Beach Public Library.

Teens With Purpose (TWP) ([Internship Call Linked Here](#))

Position: Teaching Artist Intern (TAI)

(Poetry / Music / Theatre / Visual Art)

Location: Norfolk, VA (Hybrid – 75% In-Person / 25% Virtual/Remote)

Teens With a Purpose (TWP) is a creative youth development organization that empowers young people to use their voices, talents, and leadership to create positive change in their communities. Through arts, peer leadership, and civic engagement, TWP provides a safe and nurturing environment where youth express themselves, grow as leaders, and inspire hope.

First Baptist Church of Lambert's Point ([Internship Call Linked Here](#))

Multiple Positions: Strategic Communication Assistant Intern, Community Outreach Intern, Event Planning Intern, Social Media Content Creation Intern, Event Promotions Intern, Marketing and Production Intern

Location: Hybrid, with On-site and Remote options available

First Baptist Church of Lambert's Point (FBCLP) is a historic congregation in Norfolk, Virginia, dedicated to being a Spirit-filled fellowship, reestablishing the family for Jesus Christ. Beyond worship, FBCLP is committed to holistic community service, providing outreach programs, educational initiatives, and opportunities for leadership development. Interns will gain experience in a faith-based nonprofit environment while actively contributing to the church's mission of spiritual growth and community empowerment.

Advocating 4 Kids, Inc. ([Internship Call Linked Here](#))

Position: Research, Writing, and Outreach Intern (Immediate Placement 2025)

Location: Hybrid (on-site days are off campus)

Advocating 4 Kids, Inc. specializes in and promotes equitable special education advocacy services for neurodiverse students and their parents. The internship is also linked to a research project, **Advocating While Black**, aimed at understanding the special education journey for Black families in Virginia.

Tidewater Queer History Project ([Internship Call Linked Here](#))

Multiple Positions: Archiving, Social Media/Outreach/Website Management, PR/Marketing and Event Planning, Podcast Production Intern

Location: Hybrid (primarily on-site/off campus with flexibility for some remote work)

The **Tidewater Queer History Project** (TQHP) is a community-based organization dedicated to collecting, preserving, and documenting LGBTQ history from in and around Virginia's Tidewater region.

United Way of South Hampton Roads

Position 1: Project Inclusion Program Intern ([Internship Call Linked Here](#))

Position 2: Leadership Societies Program & Engagement Intern ([Internship Call Linked Here](#))

Location: Hybrid (2515 Walmer Ave, Norfolk, VA)

The **United Way of South Hampton Roads** brings people and resources together to solve problems too big for any of us to solve alone.

Norfolk Tourism Foundation ([Internship Call Linked Here](#))

Position: Nonprofit Management Intern (Summer 2025 & Fall 2025)

Location: Hybrid (on-site days are off campus) at Visit Norfolk Offices (downtown)

The **Norfolk Tourism Foundation** supports Norfolk's hospitality and tourism workforce by advocating for the importance of the industry and addressing workforce needs through education, scholarships, internships, and partner collaboration. We work closely with VisitNorfolk and the Virginia Restaurant Lodging & Travel Association to improve career pathways and economic outcomes for residents in the region. Hospitality and tourism represent the **third-largest economic engine** in the City of Norfolk, employing thousands of people and providing meaningful short- and long-term career opportunities for individuals from all backgrounds.

ODU Cinema and Television Program, Deborah Wallace

Position 1: Creative Producer Intern ([Internship Call Linked Here](#))

Position 2: Editing Intern ([Internship Call Linked Here](#))

Position 3: Research Intern ([Internship Call Linked Here](#))

Location: Hybrid, with on-site locations at Goode Theater, Peri 1005 Editing Lab

The **Cinema program at Old Dominion University** offers a comprehensive education in film studies, production, and theory. Students gain hands-on experience in screenwriting, directing, and cinematography using state-of-the-art facilities. The program prepares graduates for careers in the film industry, media production, and related fields, fostering creativity and professional skills.

LanguagingHR Podcast ([Internship Call Linked Here](#))

Position: Podcast production intern

Location: Remote/Hybrid on request

LanguagingHR is a monthly podcast about life and language in Hampton Roads. Launched in January 2024, it is co-hosted by two graduates of ODU's MA in Applied Linguistics program. LanguagingHR explores the history, culture and diversity of Hampton Roads through the lens of language.

World Affairs Council of Hampton Roads ([Internship Call Linked Here](#))

Position: Media Production Intern

Location: Hybrid (Filming will be at events in Hampton Roads; editing work can be remote.)

The **World Affairs Council of Hampton Roads** (WACHR) is a nonprofit, nonpartisan organization committed to engaging the community in global affairs through education and dialogue. With a rich history of convening world leaders, scholars, and policymakers, WACHR provides transformative global education experiences for students, educators, and lifelong learners throughout the region.

The Messages Project ([Internship Call Linked Here](#))

Position: Community Intern (Immediate Placement, Fall 2025)

Location: Hybrid

The Messages Project is dedicated to supporting children and families affected by incarceration by creating meaningful opportunities for connection, healing, and hope. We believe that every child deserves to feel loved and remembered, regardless of their circumstances. By fostering communication and creative expression, we empower incarcerated parents to maintain and strengthen bonds with their children, encouraging healing and long-term positive outcomes.

Validation Counseling Services ([Internship Call Linked Here](#))

Position: Communications Intern (Immediate Placement 2025)

Location: Hybrid (on-site days are off campus)

Validation Counseling Services is committed to supporting the mental health and overall wellness of veterans, first responders, and community members through education, prevention, intervention, treatment, and recovery. Our goal is to provide culturally competent, people-focused services that enrich the lives of those we encounter on their journey to wellness.

Butterfly Village ([Internship Call Linked Here](#))

Position: Needs Assessment Intern

Location: Remote / Hybrid

Butterfly Village is a community-centered organization focused on empowering individuals and fostering sustainable change. It offers various programs, including She Can STEM Academy, aimed at providing young women with the tools and confidence to excel in STEM fields.

Virginia Asian Chamber of Commerce ([Internship Call Linked Here](#))

Position: Economic Development and Strategic Marketing Internship, Hampton Roads Office (Immediate Placement, 2025-2026)

Location: Hybrid (on-site days are off campus)

The Virginia Asian Chamber of Commerce (VACC) is the official “Voice of Asian American Pacific Islander Business” and Virginia’s oldest and only statewide Asian American-owned business trade association. The organization maintains membership from private businesses, nonprofits, local governments, state, federal authority agencies, higher education, Fortune 100/500 global companies, and more.

Soundscapes ([Internship Call Linked Here](#))

Position: Marketing Intern

Location: Hybrid (on-site days are off campus)

Soundscapes is a nonprofit youth development organization in Newport News that uses music instruction and performance to develop life skills in students from early childhood to early adulthood.

ODU Alumni Relations, Macon & Joan Brock, Virginia Health Sciences ([Internship Call Linked Here](#))

Position: Communications Intern (Immediate Placement 2025)

Location: Hybrid (on-site days are on campus)

Alumni Relations helps alumni maintain important connections and facilitates alumni-student interaction for enriching educational experiences. Alumni Relations manages the Legacy EVMS Alumni Association, which serves over 14,000 members.

On-Campus

On-Campus

ODU Strome College of Business ([Internship Call Linked Here](#))

Position: Business Research Writer Internship

Location: Flexible depending on student preference (Remote, on-campus, hybrid)

The Business Research Writer internship will provide students with a structured learning experience in professional writing, research communication, and content creation, allowing them to develop industry-relevant skills while contributing to the Strome College of Business's communication and outreach initiatives. This internship helps bridge the gap between academic scholarship and public understanding by making faculty research accessible and engaging for business professionals, community members, and the general public.

ODU College of Arts and Letters ([Internship Call Linked here](#))

Position: Marketing and Communications Intern

The College of Arts and Letters at ODU is the largest and most diverse college on campus. It functions as a core intellectual and cultural center for ODU and the many communities it serves. It is recognized as an innovative leader in arts, humanities, and social sciences education and interdisciplinary studies in the mid-Atlantic region, with a track record of preparing students to be critical thinkers, creative problem solvers, effective communicators, and engaged citizens.

ODU College of Engineering and Technology ([Internship Call Linked Here](#))

Position: Video Storytelling Intern

Location: On-site (on campus) Engineering Systems Building (ESB)

The Batten College of Engineering and Technology at Old Dominion University helps students tackle real-world problems through hands-on learning, research, and innovation. The college promotes engineering as a way to improve lives and strengthen communities in Hampton Roads and beyond. As the Video Storytelling Intern, you'll help create short videos that highlight engineering students, faculty, research, and outreach.

ODU Cinema and Television Program, Deborah Wallace

Position 1: Creative Producer Intern ([Internship Call Linked Here](#))

Position 2: Editing Intern ([Internship Call Linked Here](#))

Position 3: Research Intern ([Internship Call Linked Here](#))

Location: Hybrid, with on-site locations at Goode Theater, Peri 1005 Editing Lab

The **Cinema program at Old Dominion University** offers a comprehensive education in film studies, production, and theory. Students gain hands-on experience in screenwriting, directing, and cinematography using state-of-the-art facilities. The program prepares graduates for careers in the film industry, media production, and related fields, fostering creativity and professional skills.

Eastern Shore People of Color History Initiative (EPOCH) ([Internship Call Linked Here](#))

Position: EPOCH Research Intern

Location: Remote (some with optional travel to public history sites)

The Eastern Shore People of Color History Initiative (EPOCH) selects 2 history majors or minors to work as researchers and data compilers for a primary source database shared by Colonial Williamsburg, Mount Vernon, and other public history organizations. This database and website that is being created by Colonial Williamsburg will reconnect the generations of families enslaved by the Custis generations, which includes George Washington and Robert E. Lee, from the Eastern Shore of Virginia to Georgetown, D.C.

CIVIC Leadership Institute ([Internship Call Linked Here](#))

Position: Social Media and Marketing (Fall 2025)

Location: On-site (on campus) 4211 Monarch Way, Suite 116, Norfolk, VA (In person)

The **CIVIC Leadership Institute** is a 501(c)(3) nonprofit organization dedicated to connecting executive leaders from across the Hampton Roads region to foster strategic community service and leadership development. Through its Executive Program, CIVIC fosters a network of professionals who are committed to regional collaboration and civic engagement. The CIVIC Scholars Program, a collaborative initiative with Old Dominion University and Tidewater Community College, aims to cultivate a spirit of leadership, professionalism, and civic responsibility among college students in the region.

ODU Ice Hockey Club ([Internship Call Linked Here](#))

Position: Sports Media Internship (Immediate Placement 2025)

Location: On-site (on campus)

Old Dominion University Ice Hockey Club celebrated twenty years at ODU in 2021. The team is in division three of the American Collegiate Hockey Association and will be transitioning to the College Hockey Federation in the new season.

Special Collections and University Archives, ODU Perry Library ([Internship Call Linked Here](#))

Position: Special Collections and University Archives [Intern](#) (Immediate Placement Academic Year 2025/2026)

Location: On-site (on campus)

The **Special Collections and University Archives (SCUA)** at ODU collects, preserves, and provides access to unique primary sources, archives, and rare books documenting the history of ODU, the Coastal Virginia Region, and beyond. The department holds a wide variety of collections, including manuscripts, rare books, photographs, and institutional records, and digital collections.

Office of Intercultural Relations, ODU ([Internship Call Linked Here](#))

Position: Intercultural Student Success Interns

Location: On-site (on campus)

The **Office of Intercultural Relations** is committed to fostering interculturalization on campus through program initiatives that integrate intercultural learning experiences, embrace global perspectives, and enhance students' sense of belonging, engagement, and success.

ROAR ([Internship Call Linked Here](#))

Position: Marketing and Production Interns

Location: On-site (on campus)

ROAR is ODU's strategic communications agency. It focuses on helping students gain extensive real-world experience with clients, in which students learn relevant analytical, business, and creative skills used in the field.

ODU's School of Data Science ([Internship Call Linked Here](#))

Position: Communication and Outreach Intern (Immediate Placement Fall 2025)

Location: On-site (on campus)

At **ODU's School of Data Science**, students learn to harness computational tools to uncover hidden patterns in vast data sets, transforming findings into actionable knowledge that drives problem-solving across diverse fields. More than just technical skills, our programs emphasize effective communication, ethical considerations, and the societal impacts of data science in a rapidly evolving world.

ODU Office of Counseling Services ([Internship Call Linked Here](#))

Position: Communications and Marketing Intern (Fall 2025)

Location: On-site (on campus)

The Office of Counseling Services provides free mental health care to ODU students to promote overall well-being, ensuring that students can achieve their academic goals. Counseling Services does this through consultation, individual and group counseling, psychiatric services, crisis intervention, and a variety of outreaches and events for the student body.

ODU Office of International Collaborations ([Internship Call Linked Here](#))

Position: Podcast, Newsletter & Social Media Interns (Immediate Placement Academic Year 2025/2026)

Location: On-site (on campus)

The **Office of International Collaborations** (OIC) strengthens ODU's global presence by cultivating international partnerships and collaborations that advance the University's academic and research initiatives. OIC seeks to drive a thorough internationalization program at ODU, fostering a diverse, inclusive, and sustainable global campus environment.

ODU Alumni Relations, Macon & Joan Brock, Virginia Health Sciences ([Internship Call Linked Here](#))

Position: Communications Intern (Immediate Placement 2025)

Location: Hybrid (on-site days are on campus)

Alumni Relations helps alumni maintain important connections and facilitates alumni-student interaction for enriching educational experiences. Alumni Relations manages the Legacy EVMS Alumni Association, which serves over 14,000 members.

ODU University Communications ([Internship Call Linked Here](#))

Position: News and Media Relations Intern

Location: Hybrid (on-site days are on campus)

ODU University Communications strives to build a unified and inspirational brand promoting local, regional, and national recognition for ODU. Through news and media relations, marketing and branding, photography and video, and numerous digital platforms, the office touts the University's accomplishments and engages Monarchs' past, present, and future.

ODU University Communications ([Internship Call Linked Here](#))

Position: ODU Digital Monarch Social Media Intern

Location: On-site (on campus)

ODU University Communications strives to build a unified and inspirational brand promoting local, regional, and national recognition for ODU. Through news and media relations, marketing and branding, photography and video, and numerous digital platforms, the office touts the University's accomplishments and engages Monarchs' past, present, and future.