GIRLS INTO VC

Girls Into VC Spring 2026 Program Openings

Apply here by **Jan 13 at 11:59 pm EST**!

Who We Are: Girls Into VC is the first nonprofit dedicated to empowering the next generation of women in venture capital. We have a range of offerings, including a 10-week fellowship program focused on developing VC skills, a mentorship program, a national college chapter network, and original content on our podcast, newsletter, and social media pages.

We are proud to be featured by Forbes 30 Under 30, LinkedIn, NVCA, and Her Campus, and to have a growing global community of 10,000+ members and 100+ mentors across 75+ countries. For more information, you can read our report here.

Our programs:

Fellowship: A 10-week educational program that equips young women with venture capital knowledge, skills, and community support.

VC Externship: An 8-week placement where participants gain hands-on experience working with venture capital firms on sourcing, diligence, and investment projects.

Startup Externship: An 8-week project-based opportunity connecting participants with early-stage startups to contribute to real business challenges and growth.

[continue to the next page for more information on the programs and specific questions for each]

The Fellowship:

[For more context look at page 9 of our report]

The Fellowship Program brings together a cohort of young women passionate about venture capital for a 10-week experience. Fellows engage in structured learning through a curriculum, assignments, and group discussions, while also building community and professional networks. The program equips participants with the tools to understand the fundamentals of venture capital, from sourcing and diligence to term sheets and portfolio support.

Program Dates: Wednesdays, Feb 4–Apr 8, 5:30pm-7pm PST / 8:30pm-10pm EST; ~5–7 hours per week
Eligibility: Female-identifying college students and recent graduates based in the US or Canada.
What We're Looking For: Curious, collaborative, and eager to learn the foundations of venture capital.

Program Specific Questions:

(1) What motivates your interest in venture capital, and why do you feel now is the right time to pursue this fellowship? Which industries or trends would you want to explore?

(2) Venture capital often rewards unique perspectives. What is one contrarian opinion or unconventional view you hold about an industry, market, or trend and why do you believe it?

(3) What specific skills or insights do you hope to gain from this program, how do you plan to apply them to your academic, professional, or entrepreneurial journey, and in turn, how do you hope to give back—both to the Girls Into VC community and to other young women breaking into venture capital?

The VC Externship:

[For more context look at page 16 of our report]

Our VC Externship places students at venture firms for 8 weeks, working ~10 hours/week asynchronously on projects like sourcing, portfolio support, investment memos, and market research. Externs will meet with firms at least 3 times (start, mid, end), complete check-ins, and receive support from the GIVC team. [**note:** if you reach out to any of the firms below you will be immediately disqualified from participating in this program or any future ones]

Program Dates: Feb 2–Mar 28, 10 hours per week
Eligibility: Female-identifying college students or recent grads based in and eligible to work in the US.
What We're Looking For: Self-driven, curious, and passionate about VC.

Program Specific Questions:

(1) Investment Memo (2-3 pages)

Choose a startup in a vertical you are passionate about and draft a concise 2 or 3 page investment memo. Your memo should include the following sections:

1. Company Overview: Name, 2–3 sentence description of what they do.
2. Problem: What gap or pain point they are solving, with context/data if possible.
3. Solution: How the product/service addresses this problem; unique features.
4. Market: Market size, growth trends, and why this vertical is compelling.
5. Team: Background of founders and why they are positioned to win.
6. Business Model: How the company makes money, key revenue streams.
7. Competitive Landscape: Who else is in this space; what is the differentiation.
8. Questions: What questions would you ask the founders if you were to get on a call with them?
9. Investment Perspective: Why this is an interesting opportunity (traction, defensibility, timing).

[Example investment memo]

Format: Bullet points ok, max 3 pages, 12 pt font, include your full name at top.

(2) Describe a time you conducted research (market, academic, or otherwise). What was your process, and what did you learn?

Firms participating:

Alumni Ventures: Multi-stage VC firm providing accredited investors access to diversified portfolios of venture-backed startups. Invests across software, fintech, healthcare, AI, and emerging technologies while co-investing alongside leading venture firms and supporting founders from seed through growth.

Sandpiper Ventures: Early stage VC firm investing in tech-enabled companies led by women and underrepresented founders. Focused on high growth opportunities across healthcare, climate, and the future of work, with an emphasis on long-term value creation and hands-on founder support.

Artemis Fund: A women-led venture capital firm that invests in promising early-stage companies across fintech, e-commerce, care-tech, and other technology-enabled sectors. The fund frequently leads seed rounds and supports founders through strategic introductions, hands-on fundraising guidance, and governance support.

The Startup Externship:

[For more context look at page 14 of our report]

Our Startup Externship matches students with female-led startups for 8 weeks, working asynchronously on milestone-driven projects that advance the company's goals. Externs will meet with founders at least 3 times (start, mid, end), complete periodic check-ins, and receive guidance and support from the GIVC team. [note if you reach out to any of the companies below you will be immediately disqualified from participating in this program or any future ones]

Startups participating:

Program Dates: Feb 2– Mar 28, 10 hours per week
Eligibility: Female-identifying college students or recent grads based in and eligible to work in the US.
What We're Looking For: Self-driven, curious, and interested in supporting founders.

Program Specific Questions:

(1) What excites you about working with an early-stage startup, and how does this externship align with your goals?

(2) Given your background, what specific skills or strengths do you think you can bring to a startup team?

Companies participating:

Upskill: Strategic, data-driven recruiting infrastructure replacing resume-based hiring for financial services firms and venture-backed startups.

- Partnerships: Maintain relationships with leaders in their existing 50K+ talent partner network through coordinated follow-ups and community-building efforts. Conduct outreach to and onboard new partners.
- Workflow Automation: Improve partner management systems and automate manual work to make support more reliable and timely.
- Marketing: Create content for Instagram, TikTok, LinkedIn, the company newsletter, and other platforms, highlighting a consistent brand voice and focusing on strategic themes.

Spring Cash: Fintech platform helping brands unlock working capital through invoice factoring and purchase order financing ($336M raised).

- GTM Growth: Source and engage brands to support customer acquisition.
- Market Research & Product Support: Conduct market research to inform the company's strategic positioning, while lightly supporting product and operations.

Inside Athletics: Digital forum and community platform focused on bringing transparency to college athletics by connecting current athletes to parents and students

- Customer discovery & GTM Strategy: Conduct outreach and research to help refine the company's ideal customer profile and go-to-market strategy.
- Market Research: Conduct market research to inform the company's strategic positioning.
- Content: Develop and execute a content strategy to market InsideAthletics's offerings to a broader audience.