

INTERNSHIPS WITH LRN Now

For more information :

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[www.lynnhavenrivernow.org/
careers](http://www.lynnhavenrivernow.org/careers)

LEARN HOW TO PROTECT & RESTORE VIRGINIA BEACH WATERWAYS

Gain valuable professional experience by supporting the organization's environmental restoration efforts, hands-on service projects, outreach and education, and events.

Photo credit: Travis Carroll

MISSION

Engage the community and partner organizations in the effort to restore and protect our Virginia Beach waterways and natural areas.

INTERNSHIP PROGRAMS

COLLEGE STUDENTS

- Summer: May - August (6-8 weeks)

HIGH SCHOOL STUDENTS

- School Year: October - May (flexible)
- Summer: July - August
- Job Shadow: Spring or Summer

RESOURCES

Hampton Roads Workforce Council

College students can apply for a paid internship opportunity and may be matched with Lynnhaven River NOW, an Internship Site Host with HRWC.

www.theworkforcecouncil.org/request-more-information - select "internship"



INTERNSHIPS

➤ COLLEGE: SUMMER (6-8 WEEKS) DEADLINE: MARCH 15

College interns will have a set schedule for office days with variability needed for events and activities. Interns will work with multiple staff members depending on the needs of events and programming. Interns will get administrative and event experience by working in the office and the field.

Responsibilities will include:

- Administrative Assistance
- Tabling and Activities Assistant with the Pearl Program and Education Coordinators
- Volunteer Events with the Restoration and Community Outreach Coordinators
- Public Speaking and Advocacy Work

➤ HIGH SCHOOL SENIORS: SUMMER / SCHOOL YEAR DEADLINE: MARCH 15 / SEPTEMBER 15

High school interns will focus on a particular area within our organization and have a required number of hours to work each week in order to meet VBCPS internship requirements. This may include set hours in the office or in the field depending on area of focus. Some hours can also be project-based and completed remotely. All interns will be assigned a mentor.

Areas of focus:

- Restoration (land and water-based opportunities)
- Marine Debris
- Community Science and Volunteer Coordination
- Advocacy
- Communications and Social Media
- Education

JOB SHADOW

➤ HIGH SCHOOL: SPRING/SUMMER DEADLINE: ROLLING

LRNow offers opportunities to job shadow in a few areas. This is a great opportunity to get involved with our restoration and volunteer activities. Hours and days will vary depending on the events. Students will get the opportunity to see what goes into planning and promoting events along with acting as an assistant during the events. Job shadowing is a great way to get field experience for projects and research while working with a mentor.

LRNow



Restoring Virginia Beach Waters

➤ Location

- On-site at LRNow Office
- Some potential remote work as needed
- Restoration and volunteer projects, events, and programs will be in various locations throughout Virginia Beach

➤ Hours

- Hours are flexible but may include evening and weekend activities as needed

➤ Transportation

- Must have your own vehicle or willing to organize your own transportation to and from the LRNow office
- Interns may need to travel around Virginia Beach to assist with events and restoration projects
- Interns may get rides with LRNow staff from the office to events and project sites as needed, but must have parent or legal guardian permission to ride with staff if under the age of 18



APPLY AT [LRNOW.ORG](https://www.lrnnow.org)



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