

Girls on the Run® of Hampton Roads

2026-27 Internships

Focus Areas:

Education/Youth Development
Health Studies
Business Management
Psychology

Sports & Recreation
Women & Gender Studies
Marketing & PR

Each year, we serve approximately 2,000 girls in 140 groups across 15 Hampton Roads cities with a comprehensive health and wellness program. Our **internships are customized** to the candidate's focus area or curriculum requirements. They are ideal for individuals seeking a dynamic experience that combines youth development, event management, and nonprofit operations. We have a history of permanently hiring past volunteers and interns. **Our interns receive a \$2,000 stipend upon successful completion of the terms of the position.** For all internships, we reimburse mileage, and we provide GOTR "swag."

The Fall and Spring Internships focus on 1) preparing and delivering curriculum materials and girls' supplies for the 12-week program; 2) planning and logistics for the end-of-season 5K festival; 3) supporting nonprofit operations and fundraising.

The Summer Internships focus on 1) preparing and delivering GOTR Camp programs at various locations and 2) supporting nonprofit operations and fundraising.

GOTR Hampton Roads' central office is in Allen Village at Batten University. Interns are expected to work at this location two shifts per week. Some duties can be performed off-site, and hours are flexible. The ideal candidate will:

- *Be passionate about our mission*
- *Be able and willing to lift 25 pounds*
- *Be able and willing to work outside in all kinds of weather*
- *Be dependable and flexible*
- *Be curious*
- *Write well*
- *Be confident*
- *Be self-motivated and conscientious*
- *Have experience with databases*

Mission: We inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum that creatively integrates running.

To apply, email a cover letter and resume to Executive Director Ellen Carver at info@gotrhr.org or mail them to the address below. Include in your cover letter: 1) What knowledge or experience you have with our organization; 2) What specific aspects of a potential internship at Girls on the Run align with your professional goals; 3) What time frame, days of the week, and hours you are available to work in the office.

Girls on the Run of Hampton Roads

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