



ASJ IT Services, LLC

Industry: Professional, Scientific, and Technical Services

Length of Internship: 12 weeks

Location: Norfolk, VA

Open Internship: SkillBridge Intern

B.S.& L Corporation/Mr. Fix-it

Industry: Construction

Length of Internship: 6-12 weeks

Location: Ashland, VA

Open Internship: Exterior Remodeling Apprentice (Ashland, VA), Residential Construction Interior (Ashland, VA), Customer Care (Ashland, VA), Residential Construction Interior (Norfolk, VA)

BAFO Services LLC

Industry: Government Contracting Business Development

Length of Internship: 6-12 weeks

Location: Norfolk, VA

Open Internship: Government Contracts and Proposal Support Specialist; Business Development Specialist

Beach Ford-Barton

Industry: Automotive Industry

Length of Internship: 16 weeks

Location: Virginia Beach, VA

Open Internship: Service Technician

Beast Mode Trucking

Industry: Transportation

Length of Internship: 6-16 weeks

Location: Woodbridge, VA

Open Internship: Truck Driver, Operators

Blue Sky Distillery

Industry: Manufacturing

Length of Internship: up to 24 weeks

Location: Smithfield, Va

Open Internship: Manufacturing Intern

Blue Dragon Publishing, LLC

Industry: Entrepreneurship and Program Management

Length of Internship: 12 weeks

Location: Williamsburg, Va

Open Internship: No current availability

Bowerbird Energy

Industry: Consulting

Length of Internship: 12 weeks

Location: Richmond, Va

Open Internship: Program Management

Branch Group

Industry: Construction

Length of Internship: up to 20 weeks

Location: Roanoke, Va

Open Internship: Talent Acquisition Program Specialist

Chesapeake Police Dept.

Industry: Public Safety/ Law Enforcement

Length of Internship: up to 24 weeks

Location: Chesapeake, VA

Open Internship: Police Academy, 9-11 Dispatcher Academy

City of Norfolk Government Offices

Industry: Government

Length of Internship: 6-12 weeks

Location: Norfolk, Va.

Open Internship: Animal Caretaker, Customer Service Representative, Rent Ready Norfolk Program Manager, GIS Technician I/II, Civil Engineer II/III Project Manager, Business Development Specialist, HR Analyst/HVNFP Intern Analyst, Resilience Analyst, Procurement Buyer



City of Virginia Beach Government Offices

Industry: Government
Length of Internship: 12 weeks
Location: Virginia Beach, Va.
Open Internship: Human Resources

Claxton Logistic Services, LLC

Industry: Defense Contracting
Length of Internship: 12 weeks
Location: Stafford, VA
Open Internship: Acquisitions Logistics
Financial Management
Project Management

Collins Machine Works

Industry: Manufacturing
Length of Internship: 12 weeks
Location: Portsmouth, VA
Open Internship: Machinist

Command Post Technologies

Industry: Network Engineering
Length of Internship: 14 weeks
Location: Suffolk, VA
Open Internship: IT System Administrator

CommIT Enterprises, Inc.

Industry: IT
Length of Internship: 20-24 weeks
Location: (REMOTE) Fredericksburg, VA
Open Internship: Training Specialist

Craddock Group, LLC

Industry: Management
Length of Internship: 24 weeks
Location: Arlington, Va.
Open Internship: Management Analyst Intern

CVS Health

Industry: Healthcare, Management
Length of Internship: 12 weeks
Location: Statewide, VA
Open Internship: Store Manager in Training

CW Wright Construction

Industry: Construction
Length of Internships: 12 weeks
Location: South Chesterfield VA
Open Internships: Electrical Lineman Intern

Dynamic Aviation

Industry: Transportation
Length of Internships: 4 - 24 weeks
Location: Bridgewater, VA
Open Internships: Maintenance Technician,
SkillBridge Intern

Elarris Staffing and Consulting

Industry: Healthcare Administration
Location: Haymarket, VA
Length of Internship: 12- 20 weeks
Open Internship: Healthcare Executive

Elevated Technologies

Industry: Intelligence Technologies,
Defense
Location: Virginia Beach, VA
Length of Internship: 12- 24 weeks
Open Internship: Operations

ERUdyne Inc.

Industry: Crisis Management
Location: Newport News, VA
Length of Internship: 12- 24 weeks
Open Internship: Crisis Management Trainee



EvaluCraft Global, LLC.

Industry: Research and Analysis
Length of Internship: 12 weeks
Location: Arlington, VA
Open Internship: Data and Evaluation Analyst

EXIT Landmark Realty Lorton

Industry: Real Estate
Length of Internship: 8 weeks
Location: Lorton, VA
Open Internship: Real Estate Trainee

Fairfax County Fire and Rescue

Industry: Public Administration
Location: Fairfax, VA
Length of Internship: 24 weeks
Open Internship: Recruitment Section

Fairfax County Police Department

Industry: Law Enforcement
Location: Fairfax, VA
Length of Internship: 20 weeks
Open Internship: Police Recruit

Fairlead Integrated

Industry: Electrical & Mechanical
Location: Suffolk, VA
Open Internship: Maritime Rigger/Weight Handler: 12 Weeks
Welder: 12 weeks, **Electrician:** 12 weeks

Forge Group LLC.

Industry: Operations Management, IT, Commercial Services, International Affairs
Location: Arlington, VA
Open Internship: Management, IT, Consulting

Frye Properties, Inc.

Industry: Real Estate
Location: Norfolk, VA
Open Internship: Development/Property Management, Norfolk, VA

Gift Opener, LLC

Industry: Advertising and Related Services
Length of Internship: up to 12 weeks
Location: Hampton, VA
Open Internship: Corporate Communications Intern

Groundworks

Industry: Construction
Length of Internship: 7 weeks
Location: Virginia Beach, VA
Certifications: Certified Field Inspector
Open Internship: Certified Field Inspector

Hampton Police Division

Industry: Law Enforcement
Length of Internships: 22 weeks **Location:** Hampton, VA
Open Internships: Police Officer

Hampton Roads Connector Partners

Industry: Infrastructure Construction
Length of Internships: 12-20 weeks
Location: Norfolk, VA
Open Internships: Occupational Health and Safety Coordinator- Norfolk, VA
Administrative Assistant- Norfolk, VA

Hampton Roads Workforce Council

Industry: Workforce Development
Length of Internships: 6-20 weeks
Location: Norfolk/ Newport News, VA
Open Internships: Career Planner, Norfolk/ Newport News, VA



IBSS

Industry: Professional, Scientific, and Technical Services

Length of Internships: 12 Weeks

Location: Silver Spring, MD

Open Internships: Junior Vulnerability Assessment Analyst, Junior Systems Security Analyst, Junior Security Architect, Junior Security Control Assessor, Junior Secure Software Assessor, Junior Cyber Defense Incident Responder, Senior Systems Security Analyst, Junior Cyber Defense Forensics Analyst, Junior Cyber Defense Analyst, Senior Security Control Assessor, Senior Security Architect, Senior Cyber Defense Forensics Analyst, Senior Secure Software Assessor, Senior Vulnerability Assessment Analyst, Senior Cyber Defense Incident Responder

IPConfigure

Industry: Video Management Software

Length of Internships: 22 weeks

Location: Norfolk, VA

Open Internships: Java Intern

ITA International

Industry: Industrial Services

Length of Internships: 12 weeks

Location: Newport News, VA

Open Internships: IT Intern & Data Analytics

James City County

Industry: Government

Length of Internship: 24 weeks

Location: Williamsburg, VA

Open Internship: Human Resource Analyst / Procurement Officer / Transit Authority Intern

James Madison University

Industry: Education

Length of Internship: 12 weeks

Location: Harrisonburg, VA

Open Internship: Photography Assistant

James River Air Conditioning Company

Industry: Other Professional and Technical Services

Length of Internship: 10 weeks

Location: Richmond, VA

Open Internship: SkillBridge Intern (HVAC)

James River Insurance

Industry: Insurance, HR

Length of Internship: 12 weeks

Location: Richmond, VA or remote

Open Internship: Insurance Underwriting fellow, HR fellow

JLGOV LLC.

Industry: IT Services/ Cyber Security

Length of Internship: 12-20 weeks

Location: VA Beach, VA

Open Internship: Business Analyst

King and Queen County Sheriff's Office

Industry: Public Safety/ Criminal Investigation

Length of Internship: 6 - 20 weeks

Location: King and Queen County, VA

Open Internship: Patrol Deputy

KITCO Fiber Optics

Industry: Other Professional, Scientific, and Technical Services

Length of Internship: up to 20 weeks

Location: Norfolk, VA

Open Internship: NAVSEA Fiber Optic Instructor, Aviation Fiber Optic Instructor



Linkitall, LLC

Industry: IT, Business

Length of Internship: 12 weeks

Location: Fredericksburg, VA

Open Internship: Insurance

Underwriting fellow, HR fellow, Proposal

Capture Manager/Business Development

Lyon Shipyard, Inc.

Industry: IT, Business

Length of Internship: 12 weeks

Location: Norfolk, VA

Open Internship: Shipyard Tech./

Welder

M. I. C Industries, Inc.

Industry: Industrial Construction Tech.

Length of Internship: 12 weeks

Location: Clear Brook, VA

Open Internship: Technical

Support Technician

Marines Services Co.

Industry: Residential Plumbing

Length of Internship: 20-24 weeks

Location: Manassas, VA

Open Internship: Residential Plumber

Marstel-Day, LLC

Industry: Management Services

Length of Internship: 12 weeks

Location: Fredericksburg, VA

Open Internship: Intern-

Consultant

MEB General Contractors

Industry: Construction

Length of Internship: 12 weeks

Location: Chesapeake, VA

Open Internship: Project Manager, Asst.

Superintendent, Project Engineer

MI Technical Solutions

Industry: IT

Length of Internship: 12 weeks

Location: Chesapeake, VA

Open Internship: IT Intern

Micron Technology, Inc.

Industry: Semiconductor

Length of Internships: 6-7 weeks

Location: Manassas, VA

Open Internships: Metrology Shift Technician,

Photo Team Technician, Equipment Technician

Newport News Shipbuilding

Industry: Ship Building, Defense

Length of Internship: 6-20 weeks

Location: Newport News, Va.

Open Internship: Talent Acquisition Specialist,

Ship Building Trades, Machine Works

Norfolk Naval Shipyard

Industry: Defense/ Shipbuilding

Length of Internship: 6-12 weeks

Location: Portsmouth, Va.

Open Internship: Non-Nuclear Inspector,

Business Agent, Physical Science Technician

Old Dominion University

Industry: Education- Human Resources

Length of Internship: 12 weeks **Location:**

Norfolk, Va.

Open Internship: Human Resources Intern

Opus Wealth Strategies

Industry: Finance

Length of Internship: 12 weeks

Open Internship: IT Specialist, Business

Development Manager



Pentagon Federal Credit Union

Industry: Finance and Insurance
Length of Internship: 12 weeks
Location: Alexandria, VA
Open Internship: Associate, Finance Strategy

Phoenix Group of Virginia, Inc.

Industry: Defense Contracting
Length of Internship: 12 weeks
Location: Virginia Beach, Va.
Open Internship: Electrician, Machinist, Combat Systems Tech., Communications Spec.

PrimCorp, LLC

Industry: Management
Length of Internship: 12 weeks
Location: Arlington, Va.
Open Internship: CSP Military Intern

QED Systems Inc.

Industry: Engineering and Technical Services
Length of Internship: 12 weeks
Location: Norfolk, VA
Open Internship: Welder

Rigid Tactical

Industry: Management, Scientific, and Technical Consulting
Length of Internship: 20-25 weeks
Location: Virginia Beach, VA
Open Internship: Explosive and Weapons Technical Instructor

S2 Analytical Solutions

Industry: Other Professional, Scientific, and Technical Services
Length of Internship: 21 weeks
Location: Herndon, Va.
Open Internship: Capture Manager

S. L. Nusbaum

Industry: Real Estate- Property Management
Length of Internship: 12 weeks **Location:** Norfolk, Va.
Open Internship: Maintenance Technician

SCIPP International - The Security Awareness Certification Company

Industry: Cyber
Length of Internship: 18 weeks
Location: Vienna, VA
Open Internship: Senior Advisor, Risk Management

SmithField Foods

Industry: Corporate
Length of Internship: 16 weeks
Location: Smithfield, VA
Open Internship: Talent Acquisition

StratasCorp

Industry: IT
Length of Internship: 12 weeks
Location: Chesapeake, VA
Open Internship: Shipboard IT Technician

Sweet Redemption Bakery & Cafe

Industry: Baking/Store Management
Length of Internship: 12 weeks **Location:** Chesapeake, Va.
Open Internship: Bakery Associate

Technical Systems Integration

Industry: Architectural / Engineering
Length of Internship: 12 weeks **Location:** Norfolk, VA
Open Internship: Project Management, Instructional System Designer, IT Helpdesk/SharePoint



Technology Management Solutions, LLC

Industry: IT

Length of Internship: 7-20 weeks

Location: Arlington, Va.

Open Internship: SkillBridge Intern

The Service Company of Virginia, Inc.

Industry: Construction

Length of Internship: 12-20 weeks

Location: Ashland, Va.

Open Internship: SkillBridge Intern

Virginia Beach Police Department

Industry: Law Enforcement

Length of Internship: 12 weeks

Location: Virginia Beach, Va.

Open Internship: Law Enforcement Recruit

Virginia Beach Sheriff's Office

Industry: Law Enforcement

Length of Internship: 12 weeks

Location: Virginia Beach, Va.

Open Internship: Sworn Law Enforcement Professionals

Virginia Department of Conservation and Recreation

Industry: Natural Resources

Length of Internships: 6-12 weeks

Location: Richmond, VA

Open Internships: Park Ranger

Virginia Department of Labor & Industry

Industry: Public Administration

Length of Internships: up to 20 weeks

Location: Richmond, VA

Open Internships: Talent Acquisition Consultant

Virginia Department of Taxation

Industry: Public Administration

Length of Internships: 24 weeks

Location: Richmond, VA

Open Internships: Registered Apprenticeship Consultant in Manassass

Virginia Department of Veteran Services

Industry: Government Services

Length of Internships: 6-12 weeks

Location: Richmond, VA

Open Internships: Research Grants/Contract Administrator; Community Grants/Contract Administrator; Program/Project Management; Suicide Prevention and Opioid Addiction Services Manager

Virginia Department of Wildlife Resources

Industry: Wildlife Conservation

Length of Internships: 6-12 weeks

Location: Richmond, VA

Open Internships: No current availability

Virginia Tech

Industry: Agriculture

Length of Internship: 12 weeks

Location: Suffolk, VA

Open Internship: Agricultural Apprentice



Virginia Technical Academy

Industry: Skilled Trades Education
Length of Internships: 18-20 weeks
Location: Newport News, VA
Open Internships: Technical Training and Development Specialist

W. M. Jordan Company

Industry: Contractors & Construction
Length of Internships: 12 weeks
Location: Newport News, VA
Open Internships: VDC Field Engineer

What The Farm

Industry: Farming
Length of Internship: 8-20 weeks
Location: Virginia Beach, Va.
Open Internship: SkillBridge Intern

WillowTree

Industry: Computer Systems Design and Related Services, Project Management
Length of Internship: 18 weeks
Location: Charlottesville, Va.
Open Internship: No current availability

Westmoreland Davis Memorial Foundation, Inc.

Industry: Property Management/Construction
Length of Internship: 12 weeks
Location: Leesburg, Va.
Open Internship: Building and Grounds Team Member

William A. Hazel, Inc.

Industry: Construction
Length of Internship: 12 weeks
Location: Chantilly, VA
Certifications: OSHA 10 Construction
Open Internship: Operation Pipe Crew, Excavation Operator

WillowTree

Industry: Computer Systems Design and Related Services, Project Management
Length of Internship: 18 weeks
Location: Charlottesville, VA
Open Internship: Project Management Fellowship

Wise Technical Innovations, LLC

Industry: Other Professional, Scientific, and Technical Services
Length of Internship: 12 - 24 weeks
Location: Norfolk, VA
Open Internship: Cybersecurity Analyst, Assessment, & Authorization

Zel Technologies

Industry: Human Resources, Recruitment
Length of Internship: 6-18 weeks
Location: Hampton, VA
Open Internship: Human Resources Specialist, Marketing and Social Media Professional