

Position Information:

- **Title:** Community Outreach Internship
- **Organization:** Armed Services YMCA Hampton Roads
- **Internship Supervisor:** Sarah Manemeit, Marketing and Communications Specialist
- **Location:** 1465 Lakeside Road, Virginia Beach, VA 23455; **hybrid**
- **Internship Type/Compensation:** Unpaid - Eligible ODU humanities students should apply for a [Mellon Foundation Humanities Internship Award](#), which provides a \$15 per hour award to support their work-based learning experience.
- **Internship Duration:** Fall 2025 (end of August – beginning of December 2025)
- **Estimated Hours per Week:** 10 hours per week for 15 weeks

Position Overview

Are you someone who has a passion for the military and making an impact? Consider an internship with the Armed Services YMCA Hampton Roads (ASYMCA) communications team. This internship provides valuable hands-on work experience in communications, allowing interns to apply theoretical knowledge gained in academic settings to real-world situations.

The ASYMCA of Hampton Roads is seeking a polished writer with a hunger for exploring internal communications and multi-channel community awareness building. This internship will provide experience working with the development director to increase awareness of ASYMCA donor opportunities and the marketing staff to plan and progress social media strategies to increase awareness of ASYMCA programs in the community. The intern will also develop skills by writing press releases and engaging in multimedia storytelling assignments.

About Armed Services YMCA of Hampton Roads

As the nation's oldest military service administration, 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. Military service is qualified membership, and there are no membership fees to join us.

Internship Responsibilities:

During this internship, you will have an opportunity to explore all areas of social media and communications responsibilities including:

- Technical writing
- Content development for social media
- Marketing and communications strategy development
- Research of best practices among industry-leading nonprofits
- Analyze social media or other metrics and suggest improvements
- Use of Canva to develop graphics for use throughout strategic communications

Learning Outcomes:

By the end of the internship, the intern will:

- Gain hands-on experience in technical writing
- Acquire experience in creating and curating content for social media
- Network with ASYMCA professionals from multiple departments and gain insights into working for a non-profit
- Build a professional portfolio showcasing your work

Qualifications:

- Current undergraduate student (sophomore and above) enrolled in a Monarch Humanities Internship Academy / Mellon Foundation-approved humanities major at ODU. See complete list [here](#).
- Strong interest in communications, writing and/or nonprofit management
- Excellent written and verbal communication skills
- Familiarity with social media platforms (Facebook, Instagram and LinkedIn) and content creation
- Familiarity with Canva is a plus

How to Apply:

Interested candidates should send a resume and cover letter to Michael Thompson, Assistant Director, Monarch Humanities Internship Academy, at m3thomps@odu.edu. Please include relevant work samples (writing, video clips, digital content). Include “Community Outreach Intern” and your name in the subject line. Review of applicants will begin immediately, but the position will remain open until filled.