InternshipsVA on

Handshake

inva
INTERNSHIPS VIRGINIA | VEDP
INVEST. INNOVATE. INSPIRE.

Get Paid. Get Experience. Stay in Virginia.

Find paid internships with Virginia employers.

InternshipsVA + Handshake connects students at Virginia colleges and universities with **paid, high-quality internships** designed to launch careers and lead to real jobs after graduation.

If you want experience, income, and a stronger shot at a full-time role, this is for you.

Why do an internship?

Internships help you:

- Build resume-ready experience before graduation
- Explore career paths without long-term commitment
- Stand out in a competitive job market
- Make professional connections and find mentors
- Increase your chances of landing a full-time job

72% of companies with in-person interns offer full-time roles to eligible interns.

How to Find Internships (It's Easy)

1. **Create or log into Handshake** - Use your school login or a personal email
2. **Complete your profile + upload your resume**
3. **Search** for paid Virginia internships
   - Use these quick links:
     - All internships in Virginia: https://tinyurl.com/vainternships
     - Internships with InternshipsVA employers: https://tinyurl.com/inva-internships
     - Full-time jobs in Virginia: https://tinyurl.com/vafulltime
   - Or look for the **InternshipsVA Collection** in Handshake
4. **Apply, save searches, and follow** employers you're interested in

joinhandshake.com

How to leverage InternshipsVA

- Internship postings that mention **InternshipsVA** are paid internships in Virginia with companies that are looking for students like you!
- If you are talking with a company that has 150 employees or less in Virginia about a paid internship opportunity, tell they may be able to receive 50% of your wages through our matching grant program

vedp.org/internshipsva

Start Building Your Career in Virginia Now!