Running Start

Running Start is a nonpartisan nonprofit that trains young women to run for political office. Since 2007, Running Start has given more than 17,500 high school, college-aged, and recently graduated young women the confidence, capabilities, and connections needed to run and win. Each year Running Start hosts more than 100 trainings around the country.

We are seeking up to nine undergraduate summer Interns to work on Running Start’s weeklong annual high school program. Interns must be graduated from high school. The ideal candidate will have a strong work ethic & attention to detail, an interest in women’s political representation. Previous experience in a leadership/mentorship role with young people is a plus.

About the High School Program

Each summer, Running Start’s High School Program brings 75 high school women from across the country to Washington, DC for an intensive week of political training. Throughout the week, the young women visit the Capitol and the offices of their Members of Congress. Students meet 250+ speakers, trainers, and mentors along the way. They have the opportunity to practice the skills they learn right away as part of a campaign simulation contest that spans the program. The program takes place on campus at Georgetown University in Washington, DC.

Learn more at https://runningstart.org/high-school-program/.

Before the program, Running Start Interns help with the preparation, assisting with projects like: speaker invites, scheduling meetings on Capitol Hill, preparing materials and supplies, and much more. During the program, Running Start Interns act as mentors and role models to the high school participants, help staff run the event, and creatively use social media to share about the program.

Compensation & Timing

This unpaid Internship comes with free, furnished housing on Capitol Hill in Washington, DC for the summer, where all Running Start interns will live together in shared rooms (be aware that the housing has stairs). See a video tour of the house at http://bit.ly/RSHouseTour.

The Running Start internship lasts for the month of June, but Interns can live in the provided housing for the entire summer and pursue other opportunities in DC after the Running Start Internship has ended.

Internship Dates

Monday, June 1 – Tuesday, July 2, 2020*
Interns can work 20-40 hours/week, except for the week of the High School Program when all interns are expected to be available the whole week.
*There may be an opportunity for 2 or 3 interns to continue working for the month of July on a case-by-case basis.

High School Program Dates

Sunday, June 21 – Friday, June 26, 2020
Interns are expected to be available the whole week of the program, potentially for extended hours on some days.

Housing Dates

Saturday, May 23 – Sunday, August 16, 2020
Interns can continue to stay in the housing through August 16 to take advantage of all Washington, DC has to offer!

To Apply