

INTERNSHIP DATABASE

[Microsoft Discovery Program](#)

Description: During this 4-week internship, Discoverers will have the opportunity to gain hands-on project experience and develop professional skills while gaining mentorship from Microsoft employees. You will discover how your passions can evolve into a career in tech at Microsoft and beyond.

Details: Application for 2025 will open in early February 2025. Applicants will be paid and should be available to work full-time, onsite on the Redmond or Atlanta campus for 4 consecutive weeks. The program takes place from July 7 – August 1, 2025.

[Boeing Student Development Programs](#)

Description: Build real-world manufacturing or industrial maintenance experience in a paid, on-site, hands-on Student Development Program! All programs include tailored training, factory tours, resume and interview skills workshops and networking with Boeing employees.

- High School Manufacturing Assembly Program (Core Plus Aerospace) - must be age 16+ graduating in either 2026 or 2027
- Functional Test / Aircraft Test - Age 18+ Aircraft Maintenance / Aviation Students
- Toolmaker - age 18+ High School Seniors or College Students
- Mechatronics - age 18+ College students
- HVAC Technician - age 18+ College students
- Facilities Electrician - age 18+ College students
- Boiler Operator (Tentative) - age 18+ College students
- Alumni Programs - age 18+ and be an alumni of a prior year Manufacturing Student Development Program

Deadline: January 25, 2026

[UW Botanic Gardens Youth Summer Internship](#)

Description: This internship program integrates multiple disciplines and ways of knowing to support a diverse community of interns in finding a career path that is right for them. This is a paid internship experience. The 2026 stipend is not yet set.

Who: Teens ages 16 – 18

When: 2026 dates TBD, Monday-Friday. Hours vary but usually 9:00 a.m. – 3:00 p.m.

Where: Washington Park Arboretum. Interns will also spend time meeting with environmental professionals from different backgrounds and types of environmental organizations across the Puget Sound regions. Transportation to and from the internship is not provided. Interns will use public transit for any off-site travel.

Deadline: Application is likely to open in Spring 2026.

Interest Form: [2026 Youth Summer Internship Interest Form](#)

[Butterfly Pediatrics](#)

Description: We are a pediatric occupational therapy clinic in Bellevue, WA. We have openings for volunteer and shadow opportunities at our facility for students currently enrolled in educational programs related to child development or need hours to apply to school for such programs.

You will have the opportunity to observe children with special needs from age 0-13 yrs, and their treatment process at our clinic. Our highly skilled therapist can provide valuable learning to someone looking at a future career in child development or related fields.

[Fred Hutch Summer High School Internship Program](#)

Description: The Summer High School Internship Program (SHIP) is a competitive, eight-week, full-time paid internship for students between 11th and 12th grade. The program is specifically designed for students who haven't had extensive research experience. The internship begins with two weeks of hands-on training in laboratory safety and techniques as well as an introduction to the Fred Hutch. For the remaining six weeks, interns are paired and immersed in mentored activities in a Fred Hutch research group in Seattle. Interns also participate in research seminars, attend professional development workshops focused on college and careers, and enjoy social activities with their teams and peers. The program culminates with presentations to the Fred Hutch community, family, and friends.

When: The 2026 program dates are Monday, June 22, through Friday, August 14.

Application Deadline: Our application portal will open on Monday, January 19 and close on Friday, March 13, at 11:59 pm Pacific time.

Application Link: [Application Link](#)

[How To Heal Marketing/PR Internship](#)

Description: How To Heal Co. is looking for a marketing/PR intern to join their team for the spring semester! Launching in February 2022, How To Heal Co. is a mental health awareness apparel brand founded by #1 best-selling trauma author and Marysville business owner Jessi Beyer. This internship provides an opportunity to learn about the inner marketing and public relations workings of a small business before, during, and after a major launch. Experiential tasks and learning objectives include engaging with customers on social media, conducting market research on social media, crafting quality PR pitches, researching relevant media outlets for features, and more. This internship will require 5-10 hours of work per week. You can contact CEO & Founder Jessi Beyer directly at jessi@jessibeyerinternational.com with any questions.

Application Link: [Application Link](#)

[The Biomanufacturing Training Program](#)

Description: Pathway 1: High school students learn basic lab techniques in biomanufacturing, explore biotech careers, and interact with industry experts.

Pathway 2: Expand upon Pathway 1 by collaborating with scientists at Fred Hutch Cancer Center in this Career Launch-endorsed certificate. Train to become a lab tech by expanding your hands-on training with cutting edge technologies at SCC and Fred Hutch Cancer Center. Applications are closed for the 2025-2026 cohort. Applications for next cohort will open February 2026.

Who: People who are excited about learning in a hands-on environment, looking for a career in a high-demand field, or who aren't interested in going directly to a 4-year university after high school. No prior biotech experience is required.

Application Link: [Application Link](#)

Seattle Children's Hospital

Description: The Research Training Program (RTP) is an in-person program with scaffolded experiences to introduce high school students in grades 10 and 11 to laboratory research and a solid foundation for a future career in biomedical research.

During the Research Training Program, students will:

- Learn how to work in a research laboratory environment at Seattle Children's Research Institute.
- Learn about topics including biochemistry, immunotherapy, gene editing and infectious diseases.
- Conduct their own independent project utilizing the skills they have learned.

Earn: a stipend of \$2,000 to offset costs for transportation and meals.

Deadline: March 9, 2026

CLA Internship

Description: Designed for students aged 16 to 18, this summer internship provides the opportunity to develop new skills, understand your strengths, and get paid for your hard work. Internship opportunities are available in select locations nationwide starting in June.

Youth Aerospace Program

Description: The Youth Aerospace Program equips high school seniors for careers in aerospace and advanced manufacturing. This one-year program supports a smooth transition from senior year to college, builds essential soft skills, and connects students with exciting career opportunities in the industry. Students have opportunities available for senior year academic assistance, college applications, scholarships and resume building.

Location: Marysville Community Classroom

Earn: short-term certification via EvCC and receive up to four quarters of college support and/or assistance with employment placement.

Washington Aerospace Scholars

Description: Washington Aerospace Scholars (WAS) is an online distance learning course and summer experience specifically designed for high school juniors in Washington State interested

in pursuing science, technology, engineering, and math (STEM) pathways through the exploration of flight, aerospace design, and space travel.

The online curriculum is a University of Washington college course focused on air and space vehicle design and NASA's space exploration program as well as topics in Earth and Space Science. If scholars successfully complete the online curriculum, they are eligible for five UW credits and eligible to participate in multi-day summer experiences that provide them the opportunity to work with STEM professionals, NASA scientists, university students, and STEM educators. Graduates of the WAS program gain access to \$250,000 worth of exclusive scholarship opportunities and an invite to join The Museum of Flight's Connections Club.

Phase One: Online Course - An asynchronous, online course consisting of 8 lessons and a final project. Each lesson is a mix of online reading, essays, aerospace-based math problems, virtual group discussions, and hands-on labs.

Phase Two: A six-day residency program held at The Museum of Flight in Seattle, Washington. Acceptance into Phase Two is based on performance in Phase One. Participation in Phase Two is not required.

[Spark Summer Internship Program](#)

Description: SPARK is a non-profit that invites businesses and institutions to sponsor internships through their platform and matches them with students. These projects can span a diverse spectrum in terms of the fields and research topics.

When: Applications typically open in March

Example Internships:

<p>DNA sequence identification using machine learning Eastern Washington University, University of Washington at: Probably virtual</p>	<p>Software intern for Fintech Startup Vincent at: Remote</p>	<p>Business Development in Software Technology Company Hyperproof at: Bellevue, WA</p>
<p>Students will be given access to conductance vs time traces for different DNA sequences. They will create conductance histograms from multiple traces and employ ML models to classify the sequences based on the conductance histograms. They will...</p>	<p>Work with a former Google and Credit Karma Fintech product manager. Develop a solution for people to manage their finances and understand their budget using Plaid bank integration.</p>	<p>Introduction Business Development - Cyber Security Compliance software. Summer interns will contribute to business development team by prospecting new business opportunities through research and then entering the data into our system...</p>
<p>Learn More</p>	<p>Learn More</p>	<p>Learn More</p>
<p>Remote: Yes 8-10 weeks at 30 hours per week</p>	<p>Remote: Yes 6 weeks at 30 hours per week</p>	<p>Remote: Maybe \$ stipend 6 to 8 weeks at 20 hours per week</p>
<p>Has Research</p>	<p>Has Research</p>	<p>Has Research</p>

[Quadrant Technologies](#)

Description: Quadrant Technologies is a technology services company that provides cloud, data analytics, AI & ML, and application development solutions to businesses. They offer services such as data labeling, AI-powered chatbots, and advanced data analytics to help

clients improve efficiency, streamline workflows, and gain insights from their data. The company serves various industries and works with both Global 100 and mid-market clients. The 2025 internship cohort is closed! Keep an eye out on their website and LinkedIn for future opportunities.

LinkedIn: <https://www.linkedin.com/company/quadranttechnologies-1/posts/?feedView=all>

Seattle Police Explorers

Description: The Seattle Police Law Enforcement Exploring program aims to bridge the gap between youth and police by educating and involving them in police operations and to interest them in Law Enforcement.

Who: Exploring is for young people 14 to 21 years of age with a GPA of 2.5 or above

When: must attend 2 – 4 monthly meetings in succession, learning about history and procedures of Seattle Law Enforcement

Cost: Free

Deadline: N/A

Application: If you're interested, please reach out to Officer Tre Smith, tre.smith@seattle.gov.

SafeFutures Youth Internship (Paid)

Description: Every year, Safe Futures offer a six-week summer program that accepts 20 applicants, making it a highly sought-after opportunity. During the program, you'll become an "intern" and explore exciting new career pathways and skill sets that will give you an edge in your future career. You'll get to learn through various exciting field trip options, guest speakers, and personal development opportunities, making it a truly immersive experience.

Summer Youth Employment Program Information

- Dates: July 3rd – August 14th (6 weeks)
- Days: Monday-Thursday
- Time: 12:00pm-6:00pm (schedule may be subject to change)
- Stipend of \$1,200 upon successful completion

Application Link: [SafeFutures Internship](#)

Youth Maritime Program

Description: The Goodwill Youth Maritime Program is a two-year paid opportunity for high school students to develop essential college, career, and life skills. Participants gain hard and soft skills, explore maritime career paths, and engage in service learning, civic participation, and team building. This program prepares students to confidently navigate life after high school in the maritime industry.

Location: [Job Training & Education Center - King County](#)

First Year

School Year (January–June, September–December)

- Two Saturdays a month
- Earn \$65 per day

Summer (July–August)

- Monday through Friday, 9:00am to 5:00pm
- Earn \$100 per day

Second Year

No classes, but continued support from Goodwill, including:

- College and career navigation
- Financial assistance to help achieve your goals

Benefits: Earn over \$5,000 during the program, access financial assistance, gain volunteer hours, earn certifications (CPR, OSHA, Food Handlers)

Application: <https://evergreengoodwill.org/job-training-and-education/make-an-appointment/>

Youth at Work Summer Internship - Seattle Parks & Recreation

Description: Seattle Parks and Recreation offers a series of seasonal jobs for high school aged students! Explore camp counselor positions, lifeguard positions, and more on their webpage!

Salary: \$20.76 Hourly

Location: Various - Seattle area, WA

Application Date: 03/27/2025 - 4/15/2025 4:00 PM Pacific

Teens in Public Service (TIPS)

Description: The application for Teens in Public Service (TIPS) is now open! TIPS provides paid summer internships at nonprofit organizations for high school students passionate about leadership and service. Our internship placements range from museums to nature preserves, food banks, summer camps, and more!

TIPS interns gain...

- A summer's worth of impactful work experience
- Exposure to the "behind the scenes" of nonprofit orgs carrying out community-centered work
- Mentorship, networking opportunity, and support from TIPS and their nonprofit supervisors/coworkers

Earn: Up to \$3,300 in earnings - all TIPS interns are paid Seattle's minimum wage, which will be \$21.30/hour in 2026. Interns can work a maximum of 160 hours over the summer.

Deadline: Monday, March 2nd, 2026

Application Link: [TIPS Internship Application](#)

King County Sheriff's Police Explorer Program

Description: Young adults ages 14-21 interested in learning more about law enforcement, participating in community events and police training. It also is a great way for high schoolers to fulfill their community service hours, however it is a large time commitment.

Application Link: [Application Link](#)

[Urban Native Education Alliance Youth Internship](#)

Description: Urban Native Education Alliance is an organization dedicated to engaging Native youth through education, culture, and tradition. This internship is 8-10 hours per week during the spring semester. The internship will focus on career readiness, college preparation and business planning with tribal leaders and business owners.

When: Tuesdays/Thursdays, 5:30 pm.- 8:00 p.m. (okay to attend one of two days)

Where: North Seattle College

Deadline: Rolling applications

To Apply: Send resume, letter of interest to Sarah Sense-Wilson uneachair@gmail.com. An agreement form as well as a one-page PDF form must be completed and will be sent out upon request.

[United Indians Fall Design with Sawhorse \(Paid or Service Learning\)](#)

Description: Design an indigenous gathering space with Sawhorse Revolution! Participants will choose between a \$300 stipend or 44 service learning hours. Students will get the chance to:

- Dive deeper into the history of Daybreak Star and its role in Seattle civil rights movement
- Connect with and be inspired by land, indigenous medicinal plants and Native artwork
- Learn about the design process alongside professional designers and tour the Olson Kundig architecture firm

When: October 25-December 17 and Jan 7- Jan 28

Time: Wednesdays, 4 p.m. - 7 p.m.

Location: 5011 Bernie Whitebear Way (Magnolia Neighborhood)

Application Link: [United Indians Fall Design with Sawhorse Application Form](#)

[Clear Sky Academy – Youth Internship \(Paid\)](#)

Description: The Urban Native Education Alliance (UNEA) will be continuing our Clear Sky Academy Internship Program for High School students in 2025-2026, beginning September 2025. Rolling admissions after August 28th, with initial orientation September 9th, 11th, 16th, and 18th. Interns will develop professional and leadership skills as well as build (Inter-)Tribal connections and cultural knowledge/pride.

Earn: Youth Interns can earn \$500 monthly stipend from UNEA for 8 hours of work per week. Additionally, students earn 0.25 credit for each 90 hours if students work with their school CCLC. Staff/Intern meetings on a weekly basis.

Application Link: [UNEA Internship Application](#)

[Dance Buddy Internship or Volunteer Opportunity](#)

Description: Be a Dance Buddy to a neurodiverse or disabled student in an adaptive movement camp. Volunteers will dance, move, and play with students facilitated by a teacher. They will provide unique support to students to make sure that everyone is safe and engaged

When: Volunteer opportunities are available throughout the week. Typical shifts are listed below:

- Saturdays, 12:45 p.m. – 2:15 p.m.
- Saturdays, 2:00 p.m. – 3:30 p.m.
- Sundays, 2:45 p.m. – 4:15 p.m.
- Sundays, 3:45 p.m. – 5:15 p.m.
- Sundays, 4:00 p.m. – 5:30 p.m.
- Wednesdays, 4:15 p.m. – 5:45 p.m.

Where: All That Dance, 3012 NE Blakeley St, Seattle, WA 98105

Application Link: [Learn More and Apply: AIM](#)