



Girls on the Run of Columbia Internship Opportunities

Girls on the Run provides various intern opportunities. We have previously hosted interns studying social work, public health, sport & entertainment management, graphic design and marketing. Other majors are welcome!

All interns must be enrolled in a course to receive college credit for their internship experience. Contact us at info@gotrcolumbia.org or (803) 381-0482.

Non-profit Management and Administration

- Fundraising & grant writing
- Budget development & management
- Participate in board meetings and activities
- Project planning and execution

Program Coordination/Management

- Volunteer recruitment, coordination, and retention
- Plan and deliver volunteer trainings
- Data collection and management

Marketing/Outreach

- Public speaking opportunities to promote the program
- Marketing and public relations, including social media
- Website development & maintenance
- Newsletters & annual reports
- Graphic Design

Events Management

- Help coordinate the SoleMates® adult charity running program
- Assistant Director for the annual 5k race in December
- Plan & execute various recruitment and fundraising events.

Evaluation

- Process evaluation: conduct site visits to observe coaches and provide feedback on their implementation of the GOTR curriculum
- Impact evaluation: collection and analysis of pre-test/post-test attitudinal surveys.

Coaching a GOTR Team

- Leading a twice weekly, 1.5 hour psychosocial/task oriented group (elementary school or middle school). The curriculum focuses on holistic wellness (emotional, physical, and social health).