



# INTERNSHIP PROFILES 2025

If you are interested in child development, teaching, event coordination

**KURSA VIDUSSKOLA**

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If you are studying or are interested in international relations and politics:

**EMBASSY OF THE REPUBLIC OF LATVIA TO THE UNITED STATES OF AMERICA**

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**JOINT BALTIC AMERICAN NATIONAL COMMITTEE (JBANC)**

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If you are studying or interested in marketing, website construction, social media management, journalism:

**LATVIEŠU FONDS**

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**LATVIAN AMERICAN CHAMBER OF COMMERCE (LACC)**

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## **KURSA – VASARAS KURSA VASARAS VIDUSSKOLA**

3381 W. Dayton-Airport Road, Shelton, WA

[kursa.org/darbs](http://kursa.org/darbs)

**Aicinām praksē Kursas vasaras vidusskolā – Izglītības programmā!**



Kursas vasaras vidusskola ir latviešu valodas un kultūras mācību programma Vašingtonas štatā, kas paredzēta 13–18 gadus veciem jauniešiem (no 8. līdz 12. klasei).

Skolas mērķis ir sniegt vidusskolas vecuma jauniešiem iespēju izziņāt un kopt savu latvisko mantojumu, apgūstot latviešu valodu, kultūru un tradīcijas, kā arī veidot jaunas draudzības saites. Programma ir piemērota gan tiem, kuri tekoši runā latviski, gan tiem, kuri tikai sāk apgūt valodu.

### **Prakses iespējas:**

Aicinām praksē Kursā, kur apgūsiet dziļāku ieskatu un pieredzi latviešu vasaras skolas un nometnes ikdienas darbībā, kā arī prasmes plašāku pasākumu rīkošanā! Piedāvājam prakses iespējas Izglītībā. Prakses laikā ir iespēja paplašināt izpratni un prasmes par vasaras skolu mācību programmu un izglītojošu nodarbību sagatavošanu. Ļoti piemērota pozīcija tiem, kam interesē jauniešu audzināšana un izglītība!

### **Par programmu:**

Rīta klasēs mācām dažādus priekšmetus, to skaitā: valoda, vēsture, ģeogrāfija un dziedāšana. Klases ir sadalītas nevis pēc vecuma, bet pēc valodas spējām. Pēcpusdienās var izvēlēties dažādas nodarbības, ieskaitot keramiku, rotkalšanu, māksli un latvisko virtuvi. Vēlāk dienas gaitā seko tautas dejas, kā arī sports un peldēšana. Vakara nodarbības noslēdz dienu - vai tas būtu danču vakars, karoga spēles, ugunskurs, prāta asināšanas spēles vai dzejas vakars.

### **Par skolas atrašanās vietu:**

Kursa atrodas gleznainā, meža ielokā netālu no Šeltonas pilsētas Vašingtonas štatā. Kopš 1984. gada to rīko Rietumkrasta latviešu izglītības centra (RKLIC) teritorijā – īpašumā, kas veido ideālu vidi mācībām un izklaidei. Šī teritorija ir daļa no Olimpijas pussalas, tikai pusstundas braucienā no Olympia, un aptuveni stundas attālumā no Klusā okeāna.





**Kursas Prakses darbā** ietilpst dažādas iespējas, sadale būs nosacīta pēc praktikanta zināšanām, pieredzes un interesēm:

**Izglītībā, Interesu grupās:** keramikā, rotkalšanā, vai jaunos mēdijos (filmu konkursa līdzvadība, gada grāmatas redakcijā ar digitālo noformēšanu, utt).

Prakse mācību plānu un materiālu sagatavošanā, prakse studijā ar materiāliem, jauniešu apmācība ar dažādām metodēm. Darbnīcas kārtības uzturēšana.

**Izglītībā, Akadēmiskās klasēs:** interesentiem iespējams rīta mācībās palīdzēt kā skolotāju asistentiem ("Teacher's assistant"), piemēram, literatūrā vai vēsturē, vai arī seminārā par mākslu.



Citi parametri:

- Pieteikties var no 21. g. vecuma
- Naktsmājas un ēdināšana Kursā ir segtas; dzīvošana būs kopmītnēs ar citiem Kursas darbiniekiem, skolotājām/iem.

Galvenā pieredze, ko iegūsi Kursā:

- Mācību un nodarbību plānošana un pasniegšana;
- iespēja (atkarībā no grafika) piedalīties papildus mācībās vai nodarbībās; piemēram, keramikā, mūzikā, ekskursijās utt.;
- iespējas veidot sadarbību un kopienu ar latviešiem no Ziemeļamerikas un Latvijas;
- komandas darbs un kopienas veidošana!

Lai uzzinātu vairāk par Kursu, lūdzu, skatiet: [kurasa.org](http://kurasa.org)

No visas Kursas saimes, *paldies par ieinteresētību!*





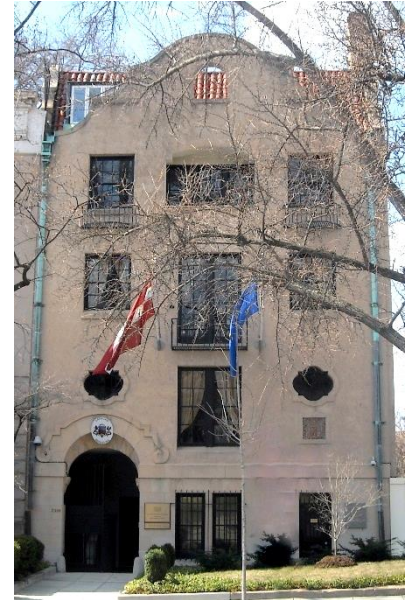
## **EMBASSY OF THE REPUBLIC OF LATVIA** **TO THE UNITED STATES OF AMERICA**

2306 Massachusetts Ave NW, Washington, DC  
<https://www2.mfa.gov.lv/usa/vestnieciba>

### **Public diplomacy – Communication - Information and policy analysis.**

Intern will assist the Embassy's public diplomacy initiatives, and will be involved in developing social media campaigns, communication strategies, as well as planning/organizing cultural events. The intern will follow and be asked to provide summaries of relevant think-tank discussions on a range of political and economic topics. The intern may also be tasked with analyzing and following news reports that concern or are of interest to Latvia, and support the Embassy in communicating with local journalists. Additionally, the intern will be asked to support diplomats in day-to-day work on various political and economic issues.

- Timeline: August 1 –December 31  
(depending on intern's availability and security clearance)
- Internship should be no less than 3 consecutive months during this timeline.



Location: In-person at the Embassy of Latvia in Washington D.C. with the flexibility to work-from-home certain days of the week.

Language: Latvian proficiency is necessary, English is needed, Spanish would be helpful.

**MUST HAVE LATVIAN CITIZENSHIP.**

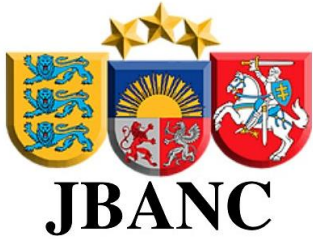
**Security Clearance from Latvian authorities will be required.** The Embassy will assist selected applicants.



*H.E. Ms. Elita Kuzma*

*Ambassador Extraordinary and Plenipotentiary of the Republic of Latvia to the United States of America.*

<https://www2.mfa.gov.lv/en/usa/embassy/ambassador>



## **JOINT BALTIC AMERICAN NATIONAL COMMITTEE, INC.**

400 Hurley Ave., Rockville, MD

Website: <https://jbanc.org>

Established in 1961, JBANC has represented the Baltic-American communities and its three parent organizations, the American Latvian Association, the Estonian American National Council, and the Lithuanian American Council. Our goal has been to help coordinate their activities in Washington, DC with the U.S. Congress and administration and its related agencies in conjunction with issues related to Estonia, Latvia, and Lithuania. We have taken great pride in over half a century in joint Baltic cooperation and in being able to help coordinate and consolidate our common interests.

### **Grassroots Outreach - Engagement with Congress, think tanks and policy makers - social media - Data analysis and reporting.**



The intern will assist with maintaining and developing new contacts with grassroots activists, congressional offices, and other key persons and institutions. This includes database management. A daily responsibility is analysis of news, events, congressional actions, and other relevant issues. There will be much focus on social media and public relations platforms, involving composing daily online posts, and writing short reports and summaries of issues that we follow. Writing and publishing skills are also important for editing monthly newsletters and in researching for larger projects.

Timeframe: June 2 – August 22

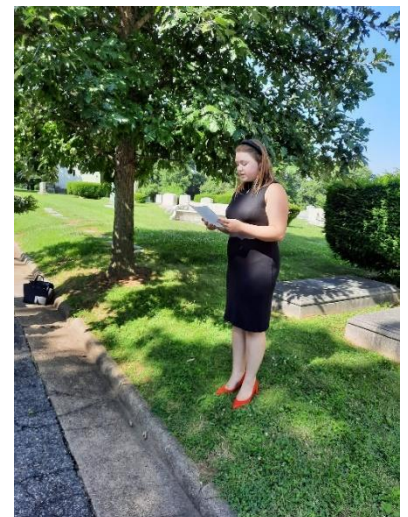
Internship should be 160 consecutive hours during this timeline.

Location: In-person. JBANC office in Rockville, MD (virtual on occasion).

**Language: Some Latvian would be helpful, but this internship can be offered entirely in English.**

*2022 JBANC Intern Lija Lysis reading Welles declaration at Sumner Welles memorial.*

The **Welles Declaration** was a diplomatic statement issued on July 23, 1940, by [Sumner Welles](#), the acting [US Secretary of State](#), condemning the [June 1940 occupation](#) by the [Soviet army](#) of the three [Baltic countries](#) – [Estonia](#), [Latvia](#), and [Lithuania](#) – and refusing to [diplomatically recognize](#) their subsequent [annexation](#) into the [Soviet Union](#).





## LATVIEŠU FONDS LATVIAN FOUNDATION

[www.latviesufonds.org](http://www.latviesufonds.org)

**Fields/Departments: Website Content Management, Social Media, Marketing and Design, Branding**

Description of Duties: The Latvian Foundation offers a unique internship opportunity at an international grant-giving organization dedicated to promoting and supporting Latvian culture worldwide. The intern will contribute to marketing, branding, and communication efforts, gaining valuable experience in nonprofit operations and cultural promotion.

**About the Latvian Foundation:** The Latvian Foundation supports and engages with artists and cultural initiatives around the world, including song festivals - most recently in Toronto; 2x2 Youth Seminars; Latvian summer high schools such as Gaŗezers and Kursa; the New York and Boston Baltic Film Festivals; as well as film production, book publishing, and more.

### **Specific duties include:**

- Updating and refining the English-language content on the Foundation's website to effectively engage international audiences and donors.
- Assisting in maintaining and growing the Foundation's social media presence, focusing on Latvian-language posts and providing creative materials and ideas.
- Supporting the development and implementation of the social media strategy to promote the Foundation's mission and online presence.
- Working collaboratively to create and present ideas for branded LF merchandise.



**Timeframe:** The internship will span approximately 6 weeks (180 hours) between May 15 and August 15, 2025. While consecutive weeks are preferred, some flexibility for interruptions can be accommodated by prior agreement at the start of the internship.

**Location:** The internship is primarily virtual. Proximity to one of our board members (Boston, New York City, Cleveland, Hamilton (Canada), Chicago, Seattle, or Portland, OR) may provide opportunities for in-person sessions but is not required.

### **Requirements:**

- Written and oral proficiency in Latvian and English.
- Strong working knowledge of social media platforms (FB and Instagram)
- Interest or experience in website content development, product design, nonprofits, or marketing is highly desirable.
- A creative mindset and strong organizational skills
- Willingness and ability to work both independently and in concert with the LF Board.



## **LATVIAN AMERICAN CHAMBER OF COMMERCE (LACC)**

<https://latvianchamber.com/>

The Mission of the Chamber is to promote its members' business interests, facilitate networking and the exchange of knowledge among its members and partners, and foster trade and investment between Latvia and the United States.

### **Business Event Planning and Organization - Social Media and Communication**

The intern will assist various work group teams, Regional Directors and board members as needed. Specifically, LACC has embarked on several 2025 strategic initiatives, including Member recruitment / retention & social media/communication enhancement.

The LACC will need the intern to help prepare for the 2025 Spotlight Latvia event as well as the series of web-based "Mini Spotlights" throughout 2025. These events host business, economic and political leaders from the US and Latvia from a number of industries, representing a unique networking opportunity with some of the most successful Latvians in the world.

Timeframe: 10-20 hours per week, flexible based on school semesters (Spring, Summer, Fall)

Location: Virtual, although opportunity to work within a city with a current LACC Board member and/or Regional Director (Boston, Minneapolis, Denver, San Diego, San Francisco, Kansas City, Chicago, etc.)

Language: Latvian would be helpful, but the common language of the LACC is English.

Compensation: unpaid internship, although LACC will work with student and education institution if able to offer college credit.

SAVE THE DATE FOR  
**SPOTLIGHT LATVIA**  
BY THE LATVIAN AMERICAN CHAMBER OF COMMERCE

Spotlight Latvia is the leading business conference for political, business and academic leaders connecting the US with Northern Europe & the Baltics

**US-LATVIAN SECURITY  
IN A VOLATILE WORLD**

WASHINGTON DC • OCTOBER 15TH AND 16TH  
*Tickets sale will begin soon - check out [www.spotlightlatvia.com](http://www.spotlightlatvia.com)*

For sponsorship opportunities contact [info@latvianchamber.com](mailto:info@latvianchamber.com)

**LATVIAN AMERICAN CHAMBER OF COMMERCE**  
The Mission of the LACC is to promote its members' business interests, facilitate networking and the exchange of knowledge among its members and partners, and foster trade and investment between Latvia and the United States.

**LACC**

- DEFENSE DRONES
- CYBER SECURITY
- MUNITIONS & WEAPONS
- ENERGY SECURITY
- CRITICAL INFRASTRUCTURE