



Prakses Programma ASV

INTERNSHIP PROFILES 2025

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

EMBASSY OF THE REPUBLIC OF LATVIA TO THE UNITED STATES OF AMERICA 2

JOINT BALTIC AMERICAN NATIONAL COMMITTEE (JBANC) 3

LATVIJAS PĀRSTĀVNIECĪBA ANO 4

(Permanent Mission of the Republic of Latvia to the United Nations)



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: June 1 – December 31
(depending on intern's availability and security clearance)
- Internship is at least 3 consecutive months and no longer than 6 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://ibanc.org>

JBANC

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 Lusis 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.



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



Latvijas Republikas Pastāvīgā
pārstāvniecība Apvienoto
Nāciju Organizācijā

LATVIJAS PĀRSTĀVΝIECĪBA ANO

One Dag Hammarskjöld Plaza,
885 Second Avenue, 31st Floor,
New York, 10017, USA

ANO (Apvienoto Nāciju Organizāciju) ir starptautiska organizācija, kas dibināta 1945. gadā, lai uzturētu starptautisko mieru un drošību, veicinātu draudzīgas attiecības starp valstīm, risinātu globālas problēmas (ekonomiskas, sociālas, kultūras jomās) un veicinātu cieņu pret cilvēktiesībām un pamattiesībām. Tas ir forums, kur valstis var sadarboties un risināt jautājumus diplomātiskā celā, un to ġenerālsekreitārs pašlaik ir António Guterres.



ANO bija pirmā globālā starptautiskā organizācija, kurā Latvija iestājās 1991. gada 17. septembrī tās pēc neatkarības atgūšanas.

2025. gada 3. jūnijā ar plašu ANO valstu atbalstu Latviju pirmo reizi ievēlēja ANO Drošības padomē (United Nations Security Council). Latvijas termiņš darbam Drošības padomē ir no 2026. gada 1. janvāra un līdz 2027. gada 31. decembrim. Prakse būs iespēja iegūt pieredzi darbā ar starptautiskā miera, drošības, tiesību, attīstības, komunikācijas un citiem jautājumiem.

Pārstāvniecība piedāvā divas dažādas prakses: vienu vasaras un vienu 6 mēnešu garumā.

Uzsākot praksi, jārēķinās ar savlaicīgu prakses līguma slēgšanu, kā arī drošības procedūrām.

