

# The D.C. Internship Experience



organization

\*Internship sites may be located in Virginia

## The Internship

Each week, you'll work Monday through Thursday at an internship site that is tailored to your interests, skills and professional goals.



#### The Evening Course

One night each week (between Monday and Thursday), you'll take an evening course. These courses range across an array of disciplines, and you'll choose the option that's best for you.



#### The LEAD Colloquium

On Fridays, you'll participate in small groups and professional tracks, along with periodic large-group activities like a speaker series, civic engagement and more.

## Gateway to Washington, D.C.

Spend a semester or summer getting to know the nation's capital. Here are just a few examples of the places you could go and the







**Participate** in your evening course

#### Student Services Staff Provides career advice.

TWC Support

Many people are on hand to guide, support and educate you throughout your experience.

Campus Liaison

academic credit and financial

arrangements and serves as a

link to TWC on your campus.

before arrival, helps identify

materials to potential sites.

Educates vou about

Internship Advisor Communicates with you

internship options and refers your

LEAD Instructor

Helps you establish goals,

organizes special programming and

provides feedback on assignments.

Network

organizes cultural and networking events and assists students with disabilities.

#### Alumni in Residence Support you in TWC housing facilities and arrange social activities.

Internship Site Supervisor Oversees your professional work, provides tasks and direction and evaluates your performance.

#### Professor

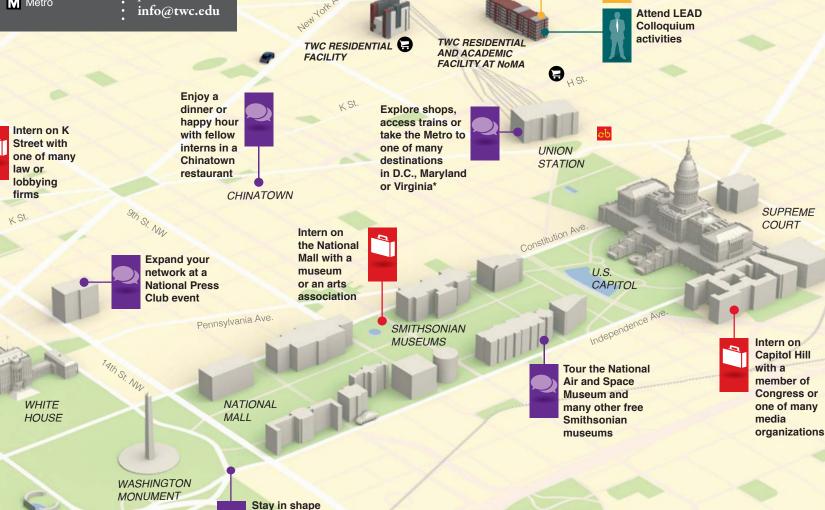
Teaches your evening course, facilitates class discussions and evaluates your academic work

#### Fellow Interns

Share the TWC experience with you, help you explore all D.C. has to offer and may become lifelong friends.

TWC Alumni Community Connects with you through networking events or social media and may provide future job leads and professional mentorship.





**JEFFERSON** 

**MEMORIAL** 

with evening NATIONAL jogs on the WORLD WAR II MEMORIAL



#### Networking and Social Activities

Take advantage of the countless opportunities D.C. has to offer after work hours and on weekends.



## The Washington Center Experience

There's no better way to launch your career than by spending a semester or summer with The Washington Center. While immersed in the dynamic city of Washington, D.C., you'll have an experience that's just not possible in a traditional campus setting.

You'll sharpen in-demand skills, test-drive a future career and learn to navigate a professional environment with an internship in your field.

But an internship is only part of the story.

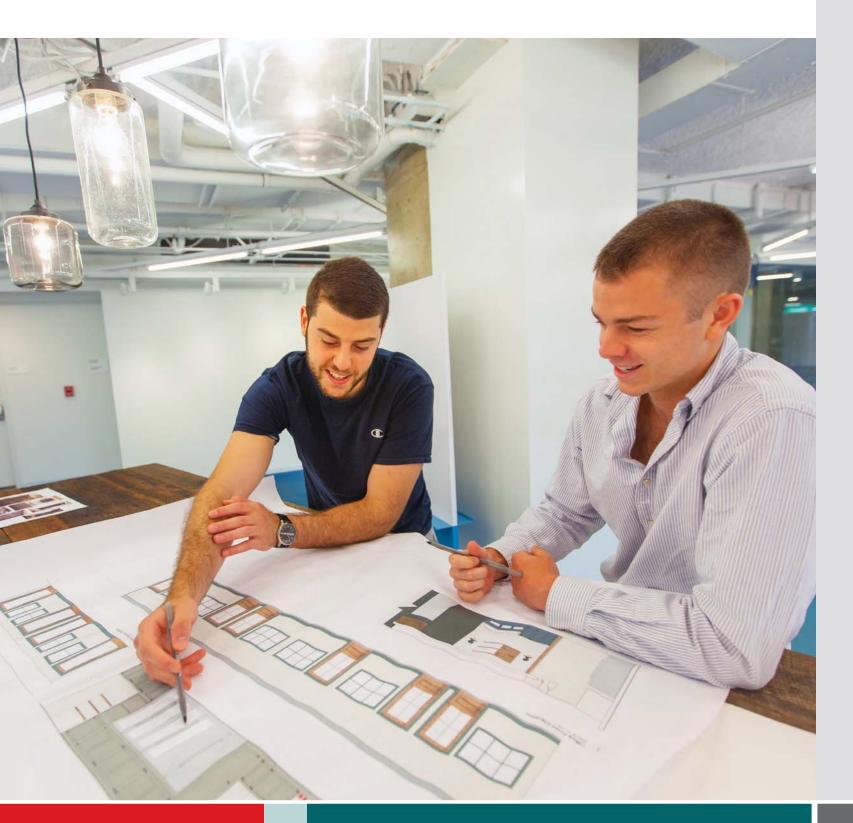
One of the many things that makes The Washington Center's program so valuable is its combination of real-world experience and academic coursework.

You'll choose from a wide variety of evening courses offered to complement your internship and deepen your understanding of your chosen field.

You'll hear from and engage with leaders, reflect on experiences in your internship and explore important local, national and international issues through the LEAD Colloquium.

When you leave The Washington Center, you'll have a better understanding of yourself—what you want and where you're headed. You'll be equipped with the confidence and sense of purpose to thrive in a highly competitive global marketplace.

And you'll be prepared to make a lasting impact on your community and society at large.



## Launch Your Career

#### The Internship

The Washington Center serves students in many academic majors with interests in a wide range of fields. These include the government, nonprofit and business arenas as well as others that may partially overlap with them—the worlds of media and communications, science and technology, law and criminal justice and international affairs. Let us know your professional interests and goals and we'll help you find substantive and exciting internship options.

TWC internships give you the chance to work full time Monday through Thursday, allowing you to feel like a member of the staff at your office. You may assist attorneys during a trial, help in television production or attend congressional hearings. You could be conducting research or advocating policy positions. No matter which internship you choose, you will learn to confidently navigate the workplace, solve problems and effectively communicate your ideas. An internship through TWC will set you apart, whether you are working toward your first job, graduate school or a change in your career path.

#### The Washington Center's Internship Matching Process

All accepted students are guaranteed an internship placement. Once you're accepted, you will be paired with an internship advisor, who will help you define your interests and goals and guide you through the internship matching process.

TWC maintains an internship partner network with hundreds of organizations that provide high-quality internships in the D.C. area. Your internship advisor will help you navigate these opportunities, offering a valuable perspective about which sites offer the best experiences.

The internship advising team also offers a variety of resources that can help you prepare for interviews, sharpen your professional skills and plan to make the most of your time in D.C.

After TWC submits your materials for targeted internship opportunities, you will be able to interview with interested sites and decide whether to accept or decline any offers you receive. Your internship advisor will provide guidance throughout this process, helping you make a final decision.

## Pre-Arrival Experience

TWC matches you with an internship. Throughout this process, our internship advisors offer assistance and feedback.

### Internship Advising

One of TWC's internship advisors schedules an advising session with you to:



expectations based on your interests, knowledge



and offer tips for

the internship

matching process.



## Internship Matching Process



Your internship advisor will

provide the following resources to







your internship site.



STEMconnector

sites, please visit **www.twc.edu**/ internships 18.













• Special Olympics • Smithsonian Associates • United Way Worldwide

Sample Internship Sites

Arts, Education & Humanities

#### Business, Economics & Trade

- Private consulting firms
- S&P Global
- U.S. Small Business Administration

#### International Affairs

- Center for Strategic and International Studies
- Organization of American
- United Nations of the National Capital Area
- Woodrow Wilson International Center for Scholars

#### Legal Affairs & Criminal Justice

- American Bar Association
- Office of the Attorney General for D.C.
- Private law offices

#### Media & Communications

- Double R Productions
- Epic PR Group
- Linder Global Events
- Voice of America

#### **Politics**

- Center for Strategic and International Studies
- Democratic National Committee
- The Brookings Institution

#### Health, Science & Environment

- Ecological Society of America
- Pan American Health Organization
- Securing Water for Food





## Pursue Your Intellectual Interests

#### The Evening Course

Your academic interests play an important role in shaping your future as a professional. At The Washington Center, you'll choose one evening course from up to 25 offered each semester or summer.

All courses meet for three hours one night a week but are otherwise like courses taught on your campus. In many cases, they have a direct relationship to the work you're doing throughout the week and range from politics and business to international affairs and communications.

The courses are led by highly qualified faculty who are dedicated teachers. They are grounded in traditional disciplines yet taught within the context of the wide array of resources available in Washington, D.C.

#### *Frequently offered courses include:*

#### American Politics and Public Policy

- Campaigning for a Cause: How Advocacy Groups Change the World
- Government and Business in the New Economic and Political Reality
- Political Psychology

#### Business, Management and Public Administration

- International Business Case Studies
- Nonprofit Leadership and Management
- From Ideas to Action: The Anatomy of Entrepreneurship

#### Communications

- Strategic Communications
- Mass Media and American Politics

#### **International Affairs and Foreign Policy**

- U.S. Foreign Policy
- U.S.-China Relations
- Middle East Politics

#### Law and Criminal Justice

- Introduction to Criminal Law and Criminal Procedure
- Forensic Psychology

#### Research

• Research and Writing Seminar

#### Washington, D.C.-focused course

• Scandalous Washington: Uncovering D.C. History



For additional details about the evening course, please visit www.twc.edu/courses18.



### Tokai University, Japan

"My experience at The Washington Center helped me envision and broaden my career goals. Washington, D.C., is a very diverse and changing city, and meeting new people from different backgrounds and cultures gave me many insights into the world. The Global Language Network, where I interned, is a place where people with diverse identities work and learn together. I greatly benefited from this unique and valuable experience."



#### **Professional Tracks**

Every TWC student selects a focus area from among the following options:

- Nonprofit & Advocacy
- Business & Global Trade
- International Affairs
- Law & Criminal Justice
- Media &
- Communications
   Politics & Public Policy
- Science, Technology &
- Society (summer only)

## Explore Your Potential

The LEAD Colloquium (Leadership, Engagement, Achievement, Development)

Your time with The Washington Center is about more than professional and academic success. You'll also become a well-informed citizen and engaged leader through the LEAD Colloquium activities listed below. Each Friday, you'll be immersed in the energetic culture of Washington, D.C. and participate in programming that will challenge your perspective.

#### LEAD Small Groups

You'll meet with your LEAD instructor to explore potential career paths and discuss professional development with your peers. Because your LEAD small group will include students from different backgrounds, majors and geographic locations, you'll have the opportunity to gain new insights from one another throughout the program.

#### Professional Tracks

Along with other students who share your professional interests, you'll gather for panel discussions, networking events and site visits that will introduce you to the people and organizations advancing your field in D.C. You'll also have the chance to learn about current issues and make connections that will help you in the future (see sidebar for professional track options).

#### Speaker Series

As part of the Alan K. Simpson–Norman Y. Mineta Leaders Series, you'll hear the perspectives of distinguished leaders from the business, nonprofit, media, government and diplomatic fields and have the chance to engage with them through Q&A sessions. Past conversations have focused on homeland security, race in America and the debate over gun control.

#### Career Development

You'll be able to choose from a variety of sessions designed to help you stand out as a candidate for future employment. From tips on interviewing and navigating the graduate or law school application process, to strategies for effective public speaking and improving your LinkedIn profile, you'll leave equipped with the tools needed to succeed in your future career.

#### Civic Engagement

Through TWC, you'll have the chance to explore topics of social concern, identify ways you can make a difference and put your knowledge into action. You can volunteer your time with an organization of your choice and participate in workshops on political and social engagement. The nation's capital also offers opportunities to observe members of Congress, lobbyists and think tank leaders to gain a firsthand view of the political process.

#### Personalized Planning

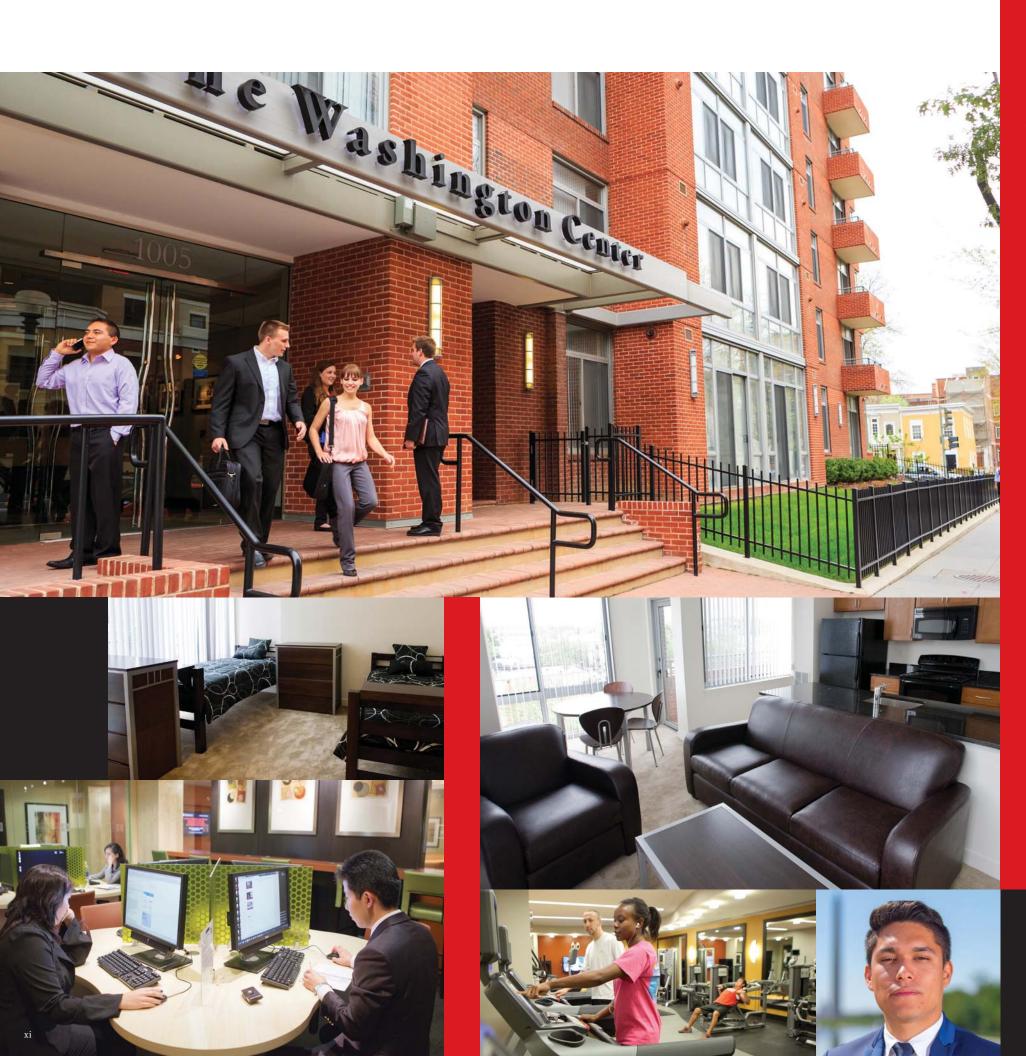
You can meet one-on-one with a TWC staff member and map out a plan to maximize your time in Washington, D.C. Whether you want to explore different career options, find professional connections in your field, polish up your résumé or ask advice about your next steps, you'll have access to our trained staff.

#### Portfolio

While at TWC, you will construct a portfolio of your work, documenting your activities and accomplishments for your home institution and prospective employers. Your portfolio will also give you a chance to reflect on your experiences, collect what you've learned from informational interviews with professionals in your field and plan strategically for your future.

For details on the LEAD Colloquium, please visit www.twc.edu/LEAD18.

 $\mathbf{i}\mathbf{x}$ 



## Join a Professional Community

By choosing TWC housing, you'll join interns from all over the world in our Residential and Academic Facility near Capitol Hill, or in one of a few other carefully selected buildings nearby.

From day one, you'll interact with students from a variety of backgrounds, all striving to make the most of their time in the nation's capital. TWC housing provides a professional environment where you can form connections with people who will inspire you, challenge your perspectives and help you grow. You'll live independently, but you won't be left totally on your own. The Washington Center ensures that support is always available through its staff of student services professionals and alumni in residence. Our disability services staff also ensures that every student has the tools they need to live comfortably in TWC housing, complete assignments and succeed in the workplace.

TWC also provides plenty of opportunities to meet other interns (neighborhood tours, salsa dancing lessons and weekend bus trips) and polish your professional skills (public speaking workshops, networking activities and career-focused panel discussions).

#### TWC Housing

You'll likely be matched with three other students in a furnished apartment with:

- Two bedrooms
- Two bathrooms
- Living/dining area
- Fully equipped kitchen
- Laundry facilities
- Iron/ironing board
- Flat-screen television in living area
- High-speed wireless internet
- Cable television service
- Fitness center access
- Computer lab access

Jorge Efren Urias Armenta '17

Sonora Institute of Technology, Mexico

"Apart from being an unmatchable opportunity to surround myself with talented and successful professionals from around the world, The Washington Center has been one of the most personally enriching experiences of my life. By interning at a Community Action Agency and doing civic engagement activities with the homeless population, I developed a sense of community. Now I am leaving Washington, but I will take all the knowledge, values and friendships with me."







#### Your D.C. To-Do List:

- World-famous monuments
- Outdoor activities, such as kayaking on the Potomac and hiking in Great Falls Park
- The Smithsonian museums, including the new National Museum of African American History and Culture
- The Newseum, International Spy Museum and many art galleries
- World-class
   performances at The
   Kennedy Center
- Nationals baseball, Wizards basketball and other sporting events
- Brown-bag lunches at think tanks
- Free concerts on the National Mall

## Live Like a Washingtonian

Washington, D.C. is a city like no other. Where else can you visit a zoo, witness a congressional hearing, eat at an award-winning restaurant and see the Declaration of Independence, all in one day? There's so much to see and do and it's all at your doorstep as a TWC intern.

On a typical weeknight, you might join your colleagues at a networking event, catch an outdoor movie at the Capitol Riverfront or head to Nationals Park to watch a baseball game. You might spend your weekends strolling through Eastern Market, meeting friends for brunch or visiting every free museum in the city.

During your summer or semester in the nation's capital, live like a local by joining a sports league or becoming a regular at your favorite food truck. Make the most of your time in the city by connecting with professionals in your field, meeting up with alumni from your university and learning more about organizations and companies you're interested in.





#### Rebeca Ortega '17 Universidad Anahuac, Mexico

"Being part of The Washington Center gave me a new perspective on life and how non-profits work. My favorite part was getting to know people who care about the same issues as I do. TWC helped me shape my future through different classes and civic engagement work. It's not over yet! This experience showed me that with hard work I can reach my goals and make a difference in my community."





### Eligibility

The information below outlines TWC's general requirements. Because vour school may have additional requirements, we encourage you to contact your campus liaison before beginning the application

To be eligible, students must:

- be at least 18 years of age.
- attend an accredited college or university with at least four semesters completed before participating,
- maintain a grade point average (GPA) of at least 3.0 on a 4.0 scale (or equivalent). Students with a lower GPA may be considered,
- have an official English exam score that meets the following minimums: TOEFL iBT 80, TOEFL PBT 550, IELTS 6.5, TOEIC 850, waived in certain cases.
- receive academic credit from their college or university for their participation in the internship program; exceptions apply, and
- have the approval of their campus liaison or faculty sponsor.

#### J-1 Visa and Health Insurance

TWC is a designated J-1 visa sponsor by the U.S. Department of State. It is mandatory that you enter the United States with your J-1 visa. Once you are accepted into TWC's program, you will be given all of the necessary information about how to secure your J-1 visa.

You must also certify that you have a valid health insurance policy to comply with U.S. Department of State regulations.

For more information on these requirements, please visit www.twc.edu/j-1-visa.

#### Dates and Deadlines

TWC offers programs during the spring, summer and fall. Please check with the liaison at your university, as some universities may have earlier deadlines. Students who will be applying for a J-1 visa should use the priority deadline to allow for as much preparation time as possible.

For detailed information on our deadlines, please visit www.twc.edu/deadlines.

#### Program Costs and Scholarships

TWC charges a program fee as well as a housing fee (see table at right). These costs vary based on the length of the program. Program and housing fees are listed separately as students are not required to stay in TWC's housing.

TWC currently offers three scholarship opportunities for which international students may be eligible. These scholarships are contingent on using TWC housing and successfully completing the program (with a grade of C or better in each component).

TWC scholarships for international students include the following:

- Civic Engagement Award: Recipients are public-spirited and socially engaged, making a positive impact among a community of people around them.
- Professional Achievement Award: Recipients have demonstrated a commitment to career advancement evidenced by membership in professional organizations or prior work experience.
- International Leadership Award: Recipients have a record of involvement and leadership in relevant settings (college or university, community, etc.).

To see the most up-to-date information on financial aid and eligibility requirements, please visit www.twc.edu/global-aid.

For more information, please email internationalinfo@twc.edu.



#### 2018 TWC Fees

TWC Spring and Fall programs are 15 weeks. TWC Summer programs are 10 weeks.

Term	Application Fee	Program Fee	Housing Fee
Spring and Fall 2018	\$125	\$8,420	\$5,990
Summer 2018	\$125	\$6,900	\$4,940

#### Dates and Deadlines

Check In Check Out Priority Deadline\* Oct. 11, 2017 Spring 2018 May 5, 2018 Spring 2018 Jan. 24, 2018 Feb. 21, 2018 Summer 2018 Jun 3, 2018 Aug. 11, 2018 Summer 2018 April 18, 2018 Fall 2018 Dec. 7, 2018 Aug. 28, 2018

\*It is strongly suggested you apply by the priority deadline.

For information about TWC's refund and cancellation policy, please visit www.twc.edu/refunds.

## Step-by-Step Admissions Guide

TWC staff are available to assist you at every stage of the admissions process. Many of the application components you submit will be referred to prospective internship sites after you are accepted.

## Decision Making

Discuss credit and cost arrangements with your liaison.

Consider timing (fall, spring or summer).

Contact internationalinfo@twc.edu with any questions.

## Preparation

Review the checklist of supporting documents for the application.

**Identify** letter of recommendation providers.

Request transcripts.

Confirm your liaison's approval.



**Meet** with your career services office to review your resume.

**Identify** fields of interest for your internship.

### Online Application

Go to www.twc.edu/apply.

Create an account. Start and submit the online application by following the instructions.\*

\*Throughout the process, you can save your application and return to it at a later time.

### Acceptance

TWC's admissions committee will review your application, and a decision on admission will be

sent via email.\*\*

\*\*Your application will be reviewed within two weeks of completion.

### CHECKLIST OF DOCUMENTS TO SUBMIT WITH APPLICATION: All students:

Resume

Issues essay

Statement of interest

Transcript

Letters of recommendation\*

Students attending schools outside the United States:

All documents above

TOEFL score

Copy of first page of passport

\* Will be submitted online directly by the provider.

Visit www.twc.edu/ appdocs18 for a complete list and description of these documents.









## Global Competencies Program

The Washington Center's Global Competencies Program is designed for high-performing seniors, recent college graduates or students currently enrolled in graduate school. Recognizing current needs and a skills gap in the world labor force, this program is a cutting-edge forum that will give you the skills, experience and expertise you need to succeed in a competitive international labor market.

The program will equip you with powerful skills and tools to increase your employability chances at top jobs and expand your opportunities for upward career mobility. Program participation will help you shorten the learning curve while benefiting you and your employers, a win-win situation.

#### Program Components

Internship (Monday–Thursday): Internships help you gain professional experience and a competitive edge in the job market. Internship sites will serve as a platform for the direct application of the skills you will develop throughout the program. Internship supervisors will be made aware of TWC assignments and requirements and will contribute to your professional journey.

Global and Executive Competencies Sessions (Friday): You will receive training on core professional competencies, helping to enhance your work performance and giving you a competitive advantage over your peers.

**Mentorship and Networking Opportunities:** Throughout the semester, you will receive one-on-one mentoring to further build on your newly developed professional skills and strategize about your career path. Individual mentoring sessions will take place three times, with each session spanning 30 minutes to an hour.

#### Program Learning Objectives:

- Develop an understanding of the global and executive competencies that are
  essential to succeed in the workforce and recognize the correlation between those
  competencies and upward career mobility.
- Incorporate the skills and tools learned through the interactive workshops in a real world environment, particularly at your internship, and comprehend how this experience will impact your work performance.
- Obtain the right tools and guidance to build a strong Career Strategy Plan to direct your professional trajectory.



#### Sample Global and Executive Competencies Sessions

- Managing Transitions & Culture Shock
- Project Management
- Managing Up
- Emotional Intelligence (EQ)
- Career Visioning & Purpose
- Navigating Organizational Dynamics
- Communicating Value/Creating a Personal Brand
- Developing Your Community/Professional Network
- Leveraging Your Strengths for Teamwork/Cross-Functional Capacity
- Enhancing Teamwork/Problem-Solving/Innovative Thinking/Cross-Cultural Communication Skills
- Developing a Career Strategy Plan

For more information, contact us at internationalinfo@twc.edu.

## Apply Now!

Go to www.twc.edu.

Click on Apply Now.

Create an account.

**Start and submit** the online application by following the instructions.

#### Contact TWC



internationalinfo@twc.edu



1-202-238-7900 1-800-486-8921 (toll-free)

Connect with
The Washington Center

@TWCInternships







The Washington Center





16



The Washington Center for Internships and Academic Seminars is a leading nonprofit educational institution headquartered in Washington, D.C. It provides undergraduates, graduate students and professionals from the United States and abroad with academic seminars on special topics and internship-centered academic terms. Fall, spring and summer internship programs consist of a substantive work experience tailored to the student's interests, academic coursework, and civic and leadership programming.

TWC enables students to gain the experience needed for entry-level employment and to prepare for lives of achievement, engagement and leadership; universities to extend their reach programmatically and geographically; organizations to connect with a new generation of talent; and its many supporters and alumni to shape the next generation of leaders.

## The Washington Center for Internships and Academic Seminars

1333 16th Street, N.W.

Washington, D.C. 20036-2205 USA

Phone: 202-238-7900 Fax: 202-238-7700 Toll Free: 800-486-8921

Email: internationalinfo@twc.edu

www.twc.edu

© The Washington Center for Internships and Academic Seminars 2017. All rights reserved.

The Washington Center actively strives for equal access to its programs for all, regardless of race, religion, national origin, gender, sexual orientation, age, physical challenge or veteran status.

The information in this brochure is correct at the time of printing. The Washington Center reserves the right to make changes as circumstances warrant.

Cover image by Sergio Ochoa. Other images by Jeff Newton, Joe Carabeo and Scott Lerman.

