Albany Area
Internship Opportunities

AARP; One Commerce Plaza, #706, Albany, NY 12260; (Contact, Kristen McManus, 518-447-6721 or kmemanus@aarp.org)

Albany Broadcasting Company (Radio Stations); 6 Johnson Road, Latham, NY 12110; 518-786-6600.

Albany Community Land Trust (ACLT); 255 Orange Street, Albany, NY 12210; 518-426-1296.

Albany Financial Group; 1529 Western Avenue, Albany, NY 12203; 518-786-3300.

Albany Institute Of History & Art; 125 Washington Avenue, Albany, NY 12210; contact Barbara Collins at 518-463-4478, ext. 405, or collinsb@albanyinstitute.org. [This is a public relations & marketing Internship. Founded in 1791, the Albany Institute of History & Art is a museum dedicated to collecting, preserving, interpreting, and promoting interest in the history, art, and culture of Albany and the Upper Hudson Valley Region. The museum achieves this mission through its collections, exhibitions, education programs, library, research projects, publications, and other programs offered to the general public.]

Albany Medical Center; 43 New Scotland Avenue, Albany, NY 12208; 518-262-3421 [This is a public relations internship]

Albany Stratton VA Medical Center; 113 Holland Avenue, Albany, NY 12208; 518-626-6775. [This is a human resources internship]

Alliance For Quality Education; 94 Central Avenue, Albany, NY 12206; 518-432-5315.

American Red Cross of Northeastern New York; 33 Everett Road, Albany, NY 12205; 518-458-8111. [This is a public relations and community outreach internship]

The Arts Center Of The Capital Region; 265 River Street, Troy, NY 12180; 518-273-0552.
Association Development Group; 119 Washington Avenue, Suite 300, Albany, NY 12210; 518-465-7085. [This company works with the officers and boards of directors of statewide professional trade organizations to provide effective communication services, membership development campaign management, meeting and conference planning, non-dues revenue enhancement, grant writing, overall association management services and graphic/web design services.]

Baker Public Relations; 761 Madison Avenue, Suite 7, Albany, NY 12208; Contact: Megan Baker at 518-426-4099. [This is a public relations internship.]

Capital Roots (www.capitalroots.org); 40 River Street, Troy, NY 12180; 518-274-8685. [Internships are available in the following areas: Public Relations, Marketing, Outreach. The internships are offered to both grad and undergrad students.]

Capitol Public Strategies (www.cpsalbany.com); 121 State Street, 3rd Floor, Albany, NY; 518-432-3300 or cpsalbany@gmail.com. [This is a public relations internship.]

Center for Economic Growth (www.ceg.org); 63 State Street, Albany, NY 12207; 518-465-8975. [This is a marketing and communication internship.]

Citizen Action of New York; 94 Central Avenue, Albany, NY 12206; 518-465-4600.

Clear Channel Radio; 1203 Troy-Schenectedy Road, Latham, NY 12110; 518-452-4800

Colwell & Salmon Communications; 24 Computer Drive West, Albany, NY 12205; 518-482-1596. [This is a marketing internship]
Commission on Independent Colleges and Universities; 17 Elk Street, Albany, NY 12207; 518-436-4781. [The intern will help to provide information about college opportunities to students, parents and their advisors. The intern will gain experience in publication design, writing, publishing and distribution, as well as data compilation, member relations, and office procedures.]

Communication Services; 50 Colvin Avenue, Albany, NY 12206; 518-438-2826. [This is a public relations internship]

Community Loan Fund of the Capital Region; 255 Orange Street, Albany, NY 12210; 518-436-8586.

Consumer Frauds and Protection Bureau of the NYS Office of the Attorney General; The Justice Building At The Capitol, Albany, NY 12224; 518-474-7330. [This internship involves mediation of consumer complaints about consumer frauds]

Cystic Fibrosis Foundation - NENY Chapter; 423A New Karner Road, Albany, NY, 12205; 518- 783-7361;

DeCrescente Distributing Company; 211 North Main Street Mechanicville, NY 12118; 518 664-9866. [This is a marketing and public relations internship]

Downtown Albany Business Improvement District; 54 State Street, Suite 701 Albany, NY 12207; 518-465-2143. [This is a marketing communication internship.]

E-3 Communications; 1 Columbia Pl # 4, Albany, NY 12207; 518- 431-1541. [This is a public relations and public affairs agency.]

Ed Lewi Associates; 6 Chelsea Place #2, Clifton Park, NY 12065; 518-383-6183. [This is a public relations internship.]

Empire State Development; 625 Broadway, Albany, NY 12205; 518-292-5100 [This is a public affairs internship]
Eric Mower and Associates; 18 Corporate Woods Blvd #3, Albany, NY; 518-449-3000. [This is a public relations internship]

Families Together In New York State; 737 Madison Avenue, Albany, NY 12208; 518-432-0333. [Families Together in NYS, Inc. is a non-profit, parent-run organization that strives to establish a unified voice for children with emotional, behavioral, and social challenges. Their mission is to ensure that every family has access to needed information, support, and services. Families Together in NYS, Inc. is the state chapter of the Federation of Families for Children's Mental Health and a 501c3 non-profit corporation.]

Family Planning Advocates Of New York State; 17 Elk Street #1, Albany, NY 12207; 518-436-8408. Internships are offered year-round in various fields.

Fox 23 News (WXXA Television); 28 Corporate Circle, Albany, NY 12203; 518-862-2323. In addition to News and Sports, Fox23 also has internships in Production, Promotions, Public Affairs and Sales.

Glimmerglass Opera; Cooperstown, NY; 607-547-0700 (They request no phone calls). Inquiries should be sent to: Intern Search Department B, The Glimmerglass Festival, PO Box 191, Cooperstown, NY 13326. Contact may also be made via e-mail at intern_info@glimmerglass.org. [This is a summer internship. Internships are available in many areas. Interns will be engaged for periods of 7-18 weeks, with some positions beginning as early as late April. Most begin mid-May or early June and continue through the end of August. Each intern will receive a weekly stipend and free housing.]

Gramercy Communications; 39 North Pearl Street, 1st Floor, Albany, NY; 518-694-3034. [This is a public relations internship]

Habitat for Humanity; 454 North Pearl Street, Albany, NY; 518-462-2993.

Healthcare Association Of New York State; 1 Empire Drive, Rensselaer, NY 12144; 518-431-7600. [This is a corporate communications and marketing internship] They offer internship positions to Master’s students.

Howard Schaffer Media Marketing; 11 Computer Drive West, Albany, NY 12205; 518-458-1600. Contact: Howard Schaffer [This is a public relations internship.]
Jacob's Pillow Dance Festival; 358 George Carter Road; Becket, MA 01223; 413-243-9919 [This is a summer internship. Internships in many areas are available; for detailed information visit the Jacob's Pillow website at www.jacobspillow.org and click on the INTERNSHIPS button]

JRA Educators; 444 Delaware Avenue, Albany, NY 12209; 518-432-9200; Contact: Roger Carter.

La Salle School; 391 Western Avenue, Albany, NY 12203; 518-242-4731; Contact: Stephanie Russell. [This is a human resources internship].

Lark Street Business Improvement District (BID); 245 Lark Street, Albany, NY 12210; 518-434-3861 or bid@larkstreet.org.

The Legislative Gazette; P.O. Box 7329, Empire State Plaza, Concourse Level, Albany, NY 12224; Contact Joe Brill at 518-473-6862 or jbrill@legislativegazette.com

MapInfo; 1 Global View, Troy, NY 12180; 518-285-6000. [This is a marketing communication internship. MapInfo provides businesses and government with location intelligence solutions, integrating software, data, and services designed to improve decision making and provide greater value from location-based information. The company addresses issues related to asset management, network planning, site selection, risk management and "what's near me" mobile applications.]

Massachusetts Museum of Contemporary Art (MASSMoCA); 1040 MASS MoCA Way, North Adams, MA 01247. Contact: Meghan Robertson at 413-664-4481 Ext 8132 or MRobertson@massmoca.org. [MASSMoCA offers several paying Internships, including Internships in Production and in Marketing and Public Relations. THESE ARE FULL-TIME INTERNSHIPS ONLY. For information about MASSMoCA full-time internships go to their webpage at http://www.massmoca.org/about.html, and scroll down to the section headed JOBS/INTERNSHIPS.] Deadline of the fall internship is July 22.
Mercury Public Affairs; 99 Pine Street, Albany, NY 12207; 518-436-8808; [Mercury is a full-service strategic communications firm that specializes in high-value public affairs at the intersection of business, government, politics and media. Their services include state & federal government affairs, issues/crisis/strategic counsel, public opinion research, advocacy/issue advertising, strategic media relations and public relations, and public affairs and political campaign management.]

Metroland; 419 Madison Ave., Albany, NY 12210; 518-463-2500.

National Baseball Hall Of Fame; 25 Main Street, Cooperstown, NY 13326; 607-547-7200. [The Baseball Hall of Fame offers unpaid internships in the fall and spring and a paid internship to 25 students in the summer. The summer program begins in early June and ends in mid August. Summer interns receive a bi-weekly stipend. Affordable housing is available at Hartwick College in nearby Oneonta, New York. Interested students should contact the Hall Of Fame to inquire about application deadlines.] They offer internships of Public Relations and Multimedia.

National Kidney Foundation of Northeast New York; 99 Troy Road, Suite 200, East Greenbush, NY 12061; 1-800-999-9697. [This is a marketing, public relations, and community outreach internship. The intern will be responsible for promoting fundraising events, health screenings, and other outreach efforts though media contacts, pressreleases, direct mail, and creative advertising. Interns will gain practical experience in marketing and public relations.]

NYPIRG (New York Public Interest Research Group) 107 Washington Ave., Albany, NY 12210; 518-436-0876


New York Association of Alcoholism and Substance Abuse Providers; 11 North Pearl Street, Suite 801, Albany, NY 12207. (Contact: Kathleen Campbell, Public Policy Director; kcampbell@asapnys.org or 518-426-3122, Ext. 102)
New York State Association for the Education of Young Children; 230 Washington Avenue Extension; Albany, NY 12203; 518-867-3517.

New York State Child Care Coordinating Council; 91 Broadway, Menands, NY 12204; 518-426-7181.

New York State Coalition Against Sexual Assault; 28 Essex Street, Albany, NY 12206; 518-482-4222

New York State Dispute Resolution Association; 255 River Street, 4th Floor, Troy, NY 12180; 518-687-2240.

New York State Energy Research and Development Authority; 17 Columbia Circle, Albany, NY 12203; 518-862-1090. They offer paid internship in the Albany area.

New York State Library Association; 6021 State Farm Road, Guilderland, New York 12084; 518-432-6952.

New York State and Local Retirement System: Communications Unit; 110 State Street, Albany, NY 12244; 518-474-7736.

New York State Museum; 3090 Cultural Education Center, Albany, NY 12230; 518-474-5877.

New York State Office Of Mental Health; 44 Holland Avenue, Albany, NY; 518-474-0171.

New York State Public High School Athletic Association; 8 Airport Park Boulevard, Latham, NY 12110; 518-690-0771. [This is a marketing and public relations internship. See their website at www.nysphsaa.org]

New York State Senate Office Of Media Services; Legislative Office Building 1426, Albany, NY; 518-455-3541.

New York StateWatch; 126 State Street, 4th Floor • Albany, NY 12207, 518-449-7425. [StateWatch is an online news and information service that covers the New York State Legislature.]
Notre Dame – Bishop Gibbons School; 2600 Albany Street, Schenectady, NY.; 518-393-3131.[This is an institutional development internship]

Office of the Albany County Executive; 112 State Street, Albany, NY. [public relations and media production internships; contact Mary Rozak at mary.rozak@albanycounty.com]

Office of U.S. Senator Charles Schumer; 1 Clinton Square, Rm. 420; Albany, NY 12207; 518-431-4070. PLEASE NOTE: Students must apply by November 15 to be considered for a Spring internship. Fax: 518-431-4076.

Open Stage Media; 432 State Street, Schenectady, NY 12302; 518-382-3884 [This is a video production and editing internship]

Overit; 435 New Scotland Avenue, Albany, NY 12208; 1-888-713-6304. [From the Overit website: "Overit is always happy to talk to talented students who are considering a career at a creative agency. Opportunities are available in Account & Production Management, Design, Motion, Strategy, PR, SEO and more. Do you have your own ideas about what you hope to accomplish while getting your real world experience? We want to hear them. Drop us an email along with your resume and cover letter to internships@overit.com"]

Palio; 260 Broadway, Saratoga Springs, NY, 12866; 518-584-8924; www.palio.com [This is an advertising and public relations internship] Contact Scott Neverett for more info: sneverett@palio.com

Pierce Communications; 915 Broadway, Albany, NY 12207; Contact: 518-427-1186 or INFO@albanyPR.com. [This is a public relations internship. For more information, please visit the company website at www.AlbanyPR.com]

Plan Ahead Events; 1288 Broadway, Albany, NY 12204; 518-463-3060

Plug Power; 968 Albany-Shaker Road, Latham, NY 12110; 518-782-7700. [This is a marketing communication internship. Plug power is a developer and manufacturer of on-site energy systems based on proton exchange membrane (PEM) fuel cells for stationary applications.]
Proctors; 432 State Street, Schenectady, NY 12305; 518-346-6204.

PC Public Affairs; 120 State Street, Albany, NY; 518-424-2575. [This is a public relations internship]

The Sanctuary for Independent Media; 3361 Sixth Avenue, Troy, NY; 518-272-2390. [www.MediaSanctuary.org] They are looking for independent media intern. Please send resume to pierce@nymediaalliance.org.

Shorey Public Relations; 24 Hamilton Street, Suite 5A, Saratoga Springs, NY 12866; 518-587-1011 or info@shoreypr.com.

St. Jude’s Children’s Research Hospital; 1 Computer Drive South, Albany, NY 12205; 518-453-6800. [This is a fundraising and promotions internship.]

St. Peter’s Hospital; 315 South Manning Boulevard, Albany, NY 12208; 518-525-1550.

Schenectady International, Inc.; P.O. Box 1046, 2750 Balltown Road, Schenectady, NY 12301, 518-347-4200. [This is an organizational communication internship. For information about this company please visit their website at http://www.siigroup.com/history/contact.html]

Some Girls Boutique; 13 Second Street, Troy, NY 12180; 518-271-1172. [This is a marketing communication internship]

Spectrum News (Television); Contact: 518-641-6397 [Internships are available in the following departments: marketing/promotions, web, news, operations and information technology/engineering]


SUNY-Albany Athletic Department; PE 135, University At Albany; 518-442-3310 & 518-442-3072.

SUNY-Albany Office of Environmental Sustainability; BA-209, SUNY-Albany, Albany, NY; 518-442-2592. [Social Media and Information Dissemination Internship]
SUNY-Albany Office Of Communications and Marketing; University Hall, SUNY-Albany, Albany, NY; 518-956-8150 (for the News and Communications Department); 518-956-8155 (for the Digital Media Department)

SUNY-Albany Systems Administration – Public Relations Division; State University Plaza, 9th Floor, Albany, NY 12246; 518-443-5311.

Support American Volunteer Efforts (SAVE); Phoenicia, NY; 845-254-4176.

The Saratogian; 20 Lake Avenue, Saratoga Springs, NY 12866; 518-584-4242. They offer internships in both news and advertisement departments.

Times Union Center; 51 South Pearl Street, Albany, NY 12207; 518-487-2089

Townsquare Lifestyle Events; 353 Broadway, 5th Floor, Saratoga Springs, NY 12866; 518-339-6333.

Trans World Entertainment; 38 Corporate Circle, Albany, NY 12203; 518-452-1242.

U.S. Committee For Refugees And Immigrants (USCRI); 99 Pine Street, Albany, NY. 518-459-1790.

Underground Railroad History Project; PO Box 10851, Albany, NY 12201; 518-432-4432. [See their website at www.ugrworkshop.com]

United Way Of The Greater Capital Region; 1 United Way, Albany, NY 12205; 518-456-2200 or 518-331-3481.

Upper Hudson Planned Parenthood; 259 Lark Street, Albany, NY 12210; 518-434-5678. [Internships are available in several areas, including Public Relations, Marketing, Information Technology and Web Site Development] For more information: http://www.plannedparenthood.org/uhpp/uhpp-internships-19814.htm
Utech Products; 135 Broadway, Schenectady, NY 12305; 518-489-5705 [This is a marketing communications internship]

ViaTalk; 24 Corporate Drive, Suite 203, Clifton, NY 12065; [ViaTalk is an Internet phone service company. This is a marketing communication internship.]

WAMC - Northeast Public Radio; 318 Central Avenue, Albany, New York 12206; 518-465-5233 or 1-800-323-9262. [WAMC has 7 internship categories. Please visit their internship page at http://www.wamc.org/intern.html to learn more about internship opportunities at WAMC] Please visit http://wamc.org/internships for more information.

WEWB-TV (Capital Region’s WB); 1400 Balltown Rd., Schenectady, NY 12309. Contact: 518-381-4900 or Peter Brancato at brancato@wrgb.com [This is a sales and marketing internship.] WFLY-FM (FLY 92 Radio); 6 Johnson Road, Latham, NY 12110; 518-786-6600. [This is a marketing and promotions internship].

WKKF (KISS FM Radio); Clear Channel Radio, 1203 Troy-Schenectedey Rd, Latham, NY 12110; 518-452-4800.


WNYT Channel 13 News (Television); 715 N. Pearl St., Albany, NY 12204; 518-436-8477; [PLEASE NOTE: WNYT discourages contact by e-mail or phone; to learn about their application procedure, go to their website at http://www.wnyt.com/ and click on the "Internships" button.]

WQBK & WQBJ (The Edge - Radio); 1241 Kings Road, Schenectady, NY 12303; 518-476-1039.

WRGB (Channel 6 Television); 1400 Balltown Road, Niskayuna, NY 12309; 518-346-6666 or 518-381-4900.

WTEN (Channel 10 Television); 341 Northern Boulevard, Albany, NY 12204; 518-436-4822.
WTRY-FM (Radio); 1 Washington Square, Albany, NY 12205; 518-452-4800. [This is a marketing and promotions internship]

Whitney Young Health Center; Lark and Arbor Drives, Albany, NY 12207; 518-465-4771.

Williamstown Theatre Festival; Williamstown, Mass. [This is a summer internship. To apply, please send resume, cover letter and contact information for three references to: Administrative Internships, Williamstown Theatre Festival, 229 West 42nd Street Suite 801, New York, NY 10036-7205; Phone: (212) 395-9090; Fax: (212) 395-9099] Their office is temporarily relocated, please come back and check for more information.