



METRO INTERNSHIPS

WASTE PREVENTION & ENVIRONMENTAL SERVICES

Bringing powerful and diverse youth voices into planning the future.

WHAT DOES OUR METRO 2-YEAR INTERNSHIP OFFER?



Career Exploration

Our two-year Metro internship program offers youth an opportunity to explore a variety of career fields surrounding the garbage and recycling industry as well as other important career fields that support our region. Interns will tour local facilities and participate in job shadows that will help them understand how communication experts, planners, project managers, educators, lawyers, and engineers all play an essential role in managing our garbage and recycling industry.

Paid Employment

Metro interns are paid an hourly wage starting at minimum wage. Interns are expected to work 3 days/week in the summer including Tuesdays, Thursdays, and one other assigned weekday, totaling 24 hours per week. After the summer, interns will continue their employment throughout the school year at reduced hours (8-10 hours per week) with expected mandatory attendance to most Saturday meetings (twice a month).



Job Skills, Experience, and Training

Metro interns will receive support in developing essential job skills including time management, professional communication, personal organization, and networking. They will gain experience utilizing a variety of computer applications, working collaboratively in a team-based setting, and fostering meaningful professional relationships with peers and mentors. Interns will also have a unique opportunity to learn more about racial equity topics as a cohort and along with other staff in the agency.



Civic Engagement

As employees of the regional government, Metro interns will gain exposure to how local decision-making takes place and how their voices can influence regional policies and services. Youth will learn how bringing their voices to the table and sharing their perspectives help bridge the gap between communities and local governments which helps to make this region a better place for everyone.

Peer Mentorship

New hires will be a part of their new first-year cohort of 3 interns for summer 2022. We currently have a team of 7 interns including 3 interns in their second year of the program and 4 interns in their 3rd year of the program, that is also known as our "Senior" year. You will have many opportunities to work with current interns on projects and have their support for the remainder of your internship. This program is youth-led and you will be able to practice your leadership skills among peers and a supportive team.

Innovation & Creativity

This program was co-created with youth for youth in the Spring of 2017. We have had four interns graduate the program successfully. Since the program is still evolving in terms of structure and outcomes, we always welcome new ideas and creative thinking. The youth in the program gain as much as they invest into the program in terms of projects, personal and professional growth, team work and much more.

Visit <https://www.oregonmetro.gov/how-metro-works/jobs/internships/garbage-and-recycling-internships> for more information about the program.

For inquiries call (503) 890 6352
or email Yaquelin.Garcia-Delgado@oregonmetro.gov

Current Numbers

2

interns graduating at the end of April

3

interns moving into the second year of the program

3

interns moving into the senior year of the program

I find it meaningful that we are having conversations about how we can make our program better for the future and strengthen our bond as a team

You can learn so much about the environment, about garbage systems, about careers, meet new people, make professional and personal connections etc. This is what you make of it. The more attention and work you put into this job, the more it will pay off. Don't be afraid to ask to learn new things and be yourself.

Careers our interns have explored at Metro:

- Communications
- Journalism
- Law
- Community Engagement/development
- Nature Education
- Finance & Economics
- Zoology & Volunteer Services
- Classroom Education
- Planning
- Parks and Nature Naturalist
- Sustainability Coordination
- Solid Waste System Management

From being on the panel, for hiring first year interns, I learned how the hiring process works. Scoring and evaluating candidates was a new experience for me, as I've never really been in that position before.

I enjoyed the sessions where staff would come and share what they did at Metro. They had great insights and hearing their experiences helped me visualize some careers.