



“My team is constantly pushing me to stretch my ideas, consider multiple perspectives, and lean into new experiences.”

– Allie R., Human Resources Intern, Houston

“EOG is a company of innovators, inspiring and empowering us to tackle challenges with creative solutions.”

– Ian O., Engineering Intern, Midland



“EOG is different because trying new things is encouraged. Learning from these experiences is how we progress as a company and come up with innovative solutions.”

– John Y., Engineering Intern, Midland



“Every day I get recognized by people who I worked with last year! They are so encouraging.”

– Macy K., Accounting Intern, Houston



“EOG’s culture is a differentiator. During my internship, I felt there was a lot of pride and determination to see interns succeed.”

– Jake S., Geologist, 2020 Intern, Midland



**experience
eog**

Engineering

Come unleash your innovative ideas



“From the projects assigned to interns to much larger projects that teams of engineers work on, EOG is committed to innovation. As an intern, your ideas are always heard, considered, and expanded on.”

– Ian O., Engineering Intern, Midland

We are a company of innovators in every field. If you want to make an impact, EOG offers engineering internship opportunities for university students working towards a degree in Petroleum or Mechanical Engineering.

These internships can be in any of our division offices across the United States. While working at EOG, you will gain valuable hands-on experience in a challenging work environment. You will have the opportunity to work closely with EOG employees on drilling rigs, well locations, facilities, and lease pumping routes among other activities.

Although internships and projects can vary from division to division, we consistently provide you with the opportunity to gain an advanced working knowledge of field operations by working on collaborative teams.

Accounting

Help support EOG's complex accounting organization



“Every day, I get recognized by people who I worked with last year! They are so encouraging. This internship has beyond exceeded my expectations and made me feel like I bring value to EOG.”

– Macy K., Accounting Intern, Houston

The world of oil and gas accounting is more than just financial statements. Our accounting teams operate in a very complex industry and help support all areas of our company. If you want more than the traditional accounting internship, EOG offers broader internship opportunities for university students working towards a degree in Accounting.

Our accounting internships are in Houston, TX, but you will gain valuable experience with many multidisciplinary teams across the United States. You will get exposure to various accounting and budgeting processes and have the potential to be an integral part of one of the following internal teams:

- Operations
- Division
- Internal Controls
- International Accounting

Geoscience

Come explore the oil and gas frontiers



“We get real projects that directly contribute to the company operations. I am grateful for the significant investment EOG puts into each intern.”

– Ethan D., Geoscience Intern, San Antonio

EOG continues to be an exploration and production company. For the true explorers, we offer internship opportunities for university students working towards an undergraduate or graduate degree in a Geologic program.

If you are well trained in stratigraphy, sedimentology, and structural geology, as well as log analysis and geophysical interpretation, consider exploring the new frontiers at EOG.

Our geoscience interns work on a variety of projects. They generate maps that objectively analyze given data and then progress these maps into the realms of interpretation, projection, and recommendation.

Past interns have helped explore and map new plays for EOG. Come explore the frontier with EOG and help us unlock new plays.

Human Resources

Be a champion for our unique culture



“My team is constantly pushing me to stretch my ideas, consider multiple perspectives, and lean into new experience. Everyone’s actions are intentional and make you immediately feel like you’re part of the team from day one.”

– Allie R., Human Resources Intern, Houston

EOG’s culture is key to our sustainable success. We empower employees as idea generators and decision makers. If you are ready to be a champion for our unique culture, we offer internship opportunities for university students working towards a degree in Human Resources or a related field.

Our human resources internships are in Houston, TX, but our decentralized structure allows you to gain valuable experience with many multidisciplinary teams across the United States. While working at EOG, you have the potential to be an integral part of one of the following teams:

- HR information systems
- Compensation
- Benefits
- Recruiting
- Employee Relations

Petroleum Land

Thrive on contract negotiation and problem solving



“EOG is different because of its skilled, knowledgeable, and determined teams. The company culture of ‘always improving’ is especially notable.”

– Eli V., Land Intern, Oklahoma City

EOG is one of the largest oil and gas producers in the United States where we operate in 10 different basins. Our Land team plays a vital role in building our asset portfolio, and we continue to explore in other areas, both in the United States and around the world.

EOG offers internship opportunities for university students working towards a degree in Energy Management, Energy Commerce, or an equivalent field that are interested in Land Management.

While working at EOG, you will gain valuable hands-on experience in a challenging work environment. You will have the opportunity to work closely with Land professionals to understand the many aspects of Land Management from prospect generation to first sales.

Safety & Environmental

Bring your commitment to excellence



“Since the first day of my internship, I have felt welcomed and excited to learn because of the people around me. People who are genuine and passionate about their roles are what sets EOG apart from other companies.”

– Taylor W., Safety & Environmental Intern, Midland

EOG is committed to safeguarding people and the environment. For university students working towards a degree in Safety, Environmental, Engineering, Chemistry, Biology, or a related field with an Energy, Safety, or Environmental focus, we offer internships with our Safety and Environmental team.

While working at EOG, you will have the opportunity to learn the crucial role Safety and Environmental plays in our oil and gas operations. Although internships and projects can vary, you can plan on supporting:

- Safety & Environmental training
- Emissions reduction projects
- Environmental permitting and compliance
- Safety & Environmental auditing

Information Systems

Come develop applications that empower our teams



“My intern experience was a tremendous one – not only did I get to work on a real-world business problem, but the experience of working closely with the C-suite is something I really took away from the summer.”

– Sanchit S., Data Engineering Manager, 2018 Intern

Innovative technology helps drive our success. Our Information Systems team is more than just IT. The IS group develops state-of-the-art, in-house applications to improve the efficiency of core operations and engineering workflows:

- Drilling
- Completions
- Production
- Reservoir
- Economics

They have developed more than 140 in-house applications for EOG. If you want to see what an E&P technology career looks like, EOG offers internship opportunities for university students working towards a degree in Petroleum Engineering, Economics, Computer Science or an equivalent field with our Information Systems – Operations Application group.

Ready for the EOG Experience?



EOG's annual summer internship program has been offered every year since 2004. We are always actively recruiting unconventional thinkers for intern and full-time opportunities. To be considered for an internship opportunity, students must meet the following minimum requirements:

- Minimum 3.0 GPA
- Eligible to work in the United States
- Strong work ethic
- Excellent oral and written communication skills
- Exceptional interpersonal and teamwork skills
- Effective project coordination and reasoning skills
- Efficiency with Microsoft Office (MS Word, Excel, PowerPoint)