eog

"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 heard, considered, and expanded on.”

– Ian O., Former 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, Mechanical, Electrical, or other related degrees.

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 alongside EOG employees to support drilling and production operations, as well as facility design, serving as company representatives and collaborating with multidisciplinary teams across both field and office settings.

EOG provides interns with the opportunity to develop advanced working knowledge of field operations and the energy industry.

Accounting

Help support EOG's complex accounting organization

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.

At EOG, 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 Accounting
- Division Support
- Internal Controls
- Regulatory Accounting

Geoscience

Come explore the oil and gas frontiers

EOG continues to be one of the largest crude oil and natural gas exploration and production companies. We offer internship opportunities for university students working towards a degree in a geoscience program.

At EOG, you will support subsurface evaluation efforts related to exploration and development projects, and obtain hands-on experience in geologic and seismic interpretation, along with subsurface mapping and analysis. 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.

Human Resources

Be a champion for our unique culture

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 degree.

Our human resources internships allow you to gain valuable experience with many multidisciplinary teams across the company. While working at EOG, you will acquire practical experience in a wide range of HR functions, which may include recruitment and onboarding, employee records management, benefits administration, and employee engagement initiatives.

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., Former Land Intern, Oklahoma City

EOG is one of the largest oil and gas producers in the United States where we operate in multiple different basins. Our Land team plays a vital role in building our asset portfolio.

EOG offers internship opportunities for university students working towards a degree in Energy Management, Energy Commerce, or other related degrees.

While working at EOG, you will develop practical skills in title research, agreement drafting, regulatory interactions, and surface land management. This role supports key activities related to the facilitation of leasing, title analysis, and land negotiations. You will receive hands-on exposure to lease acquisition processes, surface use agreements, and negotiation strategies.

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., Former Environmental Intern, San Antonio

EOG is committed to strong environmental performance. We offer internships for university students working towards a degree in Bioenvironmental Science, Engineering, Chemistry, or other related degrees.

While working at EOG, you will have the opportunity to support environmental stewardship initiatives across all operations. This hands-on role provides valuable exposure to environmental regulations, field assessments, and data analysis in a dynamic, real-world setting.

Responsibilities may include data collection, field inspections, compliance documentation, preparation and submission of regulatory reports, and collaboration with operational teams to identify and implement environmental best practices.

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 and maintains state-of-the art, in-house applications to improve the efficiency of core operations and workflows.

EOG offers internships opportunities for university students pursing a degree in Computer Science, Computer Engineering, Data Science, or other related degrees. You will apply technical skills in a real-world, dynamic environment, to contribute to a variety of technology-driven initiatives across the company.

Ready for the EOG Experience?

EOG's annual summer internship program has been offered every year since 2006. We are always actively recruiting unconventional thinkers for intern 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 oral and written communication skills, with the ability to effectively collaborate across disciplines
- Possess deductive reasoning skills and be able to analyze and synthesize information for problem solving
- Possess excellent organizational and planning skills and demonstrate effective project coordination, facilitation, and implementation