

## How to Get a Summer Internship

What are your plans for the summer? Have you considered a summer internship (or placement) with an organisation? These are great ways to gain experience in a particular job and to find out about an organisation and whether you'd like to work there (or not!) when you graduate. Also many recruiters use their internships as part of their graduate recruitment strategy. So if you impress them during your internship, it could help you to land a graduate job.

### How?

- Internships work differently in different sectors and in different companies
- Large organisations in the areas of business, finance, retail, law and IT will often have structured summer internships
- Deadlines will generally be around January/March, although some may be earlier
- They will often be aimed at students in their second year of study
- Other sectors, such as international development, media, public services and the environment may not offer structured summer placements, but may offer work experience opportunities for short periods. You may also need to try volunteering or speculative approaches to gain experience
- Smaller employers (SMEs) offer fewer summer internships and tend to employ people when they need them, but will offer some sort of work experience opportunity.

### What type of students do employers want?

- Many employers offering internships look for evidence that students have a variety of skills such as communication, negotiating, teamwork/collaboration, analytical thinking, problem-solving, presentation skills etc. that they can bring to the job.
- These skills can be gained through a combination of work experience and involvement in activities outside your academic studies.
- Some internships are degree specific i.e. employers are looking for a degree discipline such as Mechanical Engineering or Economics while other internships may be open to students of any discipline. So, for instance, you will find IT or Finance or Marketing or Human Resources internships that are open to students of any discipline – it is up to you to explain to the employer on your application why you are interested in the internship.
- Some employers have other specifications e.g. they may be looking for applications only from those students who have 220 UCAS points or more.

### Useful websites

- St Mary's University Careers Service

- [Getting Graduates into Careers](#)
- Careers Tagged - [www.careerstagged.co.uk](http://www.careerstagged.co.uk)
- [Prospects](#)
- [Targetjobs](#)
- [Employment 4 students](#)
- [Job4 Students](#)
- [Community volunteering](#)

### **Internships abroad**

- [Council Exchanges](#)
- [BUNAC](#)
- [Camp America](#)
- [Raleigh International](#)
- [Travel Teach - Lithuania & Moldova](#)
- [Inspiring Interns](#)
- [InternJobs](#)
- [Mountbatten](#)
- [Internships in Australia and New Zealand](#)

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