

# Sunemployment

## Jobspot

GLOBAL BRANDS, creator of VK and Hooch, is offering two marketing internships. Email [andrea.shuttleworth@globalbrands.co.uk](mailto:andrea.shuttleworth@globalbrands.co.uk)

## BUILDING A BETTER BALANCE

DON'T know anyone who has taken an internship? Don't let it put you off.

The placements are a great way to gain experience and skills and now is a good time to get applying.

Naomi Ambrose, below, from social mobility charity The Talent Tap, says: "Businesses which are more equitable in



their recruitment process have a better balance of staff and better reflect society. This fairness starts with internships."

Here she shares her top tips on how to land one.

**1** It is never too soon to start looking. Businesses publish internship opportunities from now onwards, so get ahead of the game.

**2** Don't put all your eggs in one basket. Internships are highly competitive, so make sure you make a number of applications. Even if there isn't a programme in the exact sector you want to work in, you will learn transferable skills from one in a similar area.

**3** Work with a friend to research opportunities and proof-read each other's applications. Practise standard interview questions with a friend too, to get your answers together in your head.

**4** Ask your school or university careers department for support and advice and ask if they know of any opportunities. They may have links with companies making it easier to apply.

**5** Think about the internship's location. If it isn't in your home town, where could you stay? Could friends put you up? Don't go for the role and worry about the logistics later, it will always come back to haunt you.

**6** Approach charities such as The Talent Tap for support and mentoring. They can help with opportunities and give you valuable training on employability skills, interviews, assessment centre and your CV.

## Jobspot

DELOITTE offers 100 places to year 12 and 13 students from low socio-economic backgrounds and even provides a laptop.

Register at <https://tinyurl.com/3cm48x8y>

Edited by Jane Hamilton



Internships special

[thesun.co.uk/sunemployment/jobs.thesun.co.uk](https://thesun.co.uk/sunemployment/jobs.thesun.co.uk)

## TECH IT UP A GEAR

GET your future career motoring with an internship at Autotech Academy.

Part of the Autotech Group, it offers more than 200 opportunities across the country – within garages, workshops and dealerships – aimed at newly qualified vehicle technicians.

The programmes last from six to 12 months and there

are positions available in vehicle repair and maintenance, parts advisers, service advisers and body and paint specialists.

Simon King, Autotech Group CEO, said: "Our internship initiative is unique for the automotive industry."

Apply at [autotechrecruit.co.uk/academy](http://autotechrecruit.co.uk/academy) or call 01234 603 013.

## HAUL TO PLAY FOR

LOGISTICS is one of the fastest-growing job sectors, employing 1.25million people.

Industry group Generation Logistics is highlighting internships as a way for young people to try out the many roles available.

UK haulage giant Wincanton is offering fifteen 12-month operations internships.

Applications open on October

23 at [wincanton.co.uk/careers/early-career-opportunities](http://wincanton.co.uk/careers/early-career-opportunities).

Jo Pick, people director for operations at Wincanton, and sponsor of Generation Logistics, said: "Over the past seven years, we have welcomed 57 placement students into the business."

"A quarter of those on the programme join our graduate scheme, and all of those graduates are still with us."



WISE LOAD . . . trucker

'A UNIQUE EXPERIENCE YOU CAN'T GET FROM EDUCATION'

# Take it interns to get to top

JET-SET . . . internship can help career take off

INTERNSHIPS used to be for rich university students with the right connections.

But as more firms look to hire from diverse backgrounds, access to these schemes is widening too.

An internship is work experience lasting a fixed period, often from a fortnight to a year.

Studies show that around 60 per cent of interns go on to gain a job at their employer or another company in a similar sector.

Increasingly, many internships are now paid, allowing more working-

class students to take part and gain valuable skills.

While most take place in the summer holidays, some firms offer shorter virtual internships or two-week placements.

After working for a fast-food chain from age 16, Chris Millar did an internship at American Express in 2013, which led to him being offered a place on the firm's graduate scheme.

Now 30, Chris is the firm's director of European merchant servicing.

He said: "The best thing about an internship is that it is a long trial to understand better what

energises and engages you. It's a unique experience you simply can't get during time in education."

Andrew Hunter, co-founder of job search engine Adzuna, said: "Taking an internship can help kick-start your career. It helps jobseekers build their CVs, while earning a decent starting wage."

October is the peak application season for internships, with more than 2,600 placements available. See our picks on the right . . .



FAN . . . Chris Millar

## TOP CHARITY SCHEMES

**Sutton Trust Pathways To The Professions:** Two-year support programmes and internships for young people from less advantaged backgrounds. Start in Year 12 ([suttontrust.com/our-programmes](http://suttontrust.com/our-programmes)).

**The Talent Tap:** Residential work experience with top firms, for students from social mobility "coldspots" such as rural and coastal areas. Start at school Year 12 ([thetalenttap.com/students](http://thetalenttap.com/students)).

**Speakers For Schools:** Offers short insight days or longer work experience with hundreds of employers ([tinyurl.com/2w3a47my](http://tinyurl.com/2w3a47my)).

**Cancer Research:** Twelve-week courses with intakes in January, July and September. Areas from scientific research to policy ([tinyurl.com/3de4edcf](http://tinyurl.com/3de4edcf)).

Find more internship opportunities at [brightnetwork.co.uk/internships](http://brightnetwork.co.uk/internships), [milkround.com/jobs/internships](http://milkround.com/jobs/internships) and [linkedin.com/jobs/internship-jobs](http://linkedin.com/jobs/internship-jobs).

## TOP BUSINESS SCHEMES

**BAE Systems:** Either 12-week summer internship or 12-month placement ([tinyurl.com/wr6jhbky](http://tinyurl.com/wr6jhbky)).

**British Airways Future Leaders:** Three months based at Heathrow HQ. £22,100 pro rata ([careers.ba.com/graduates-internships](http://careers.ba.com/graduates-internships)).

**Amex:** Ten-week summer internship for students graduating in 2025. Apply by November 18 ([tinyurl.com/2v7wd6wb](http://tinyurl.com/2v7wd6wb)).

**TopCashback:** Year-long places covering marketing, PR, IT and UX/UI design. Real Living Wage ([topcashback.jobs](http://topcashback.jobs)).

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