Internships are a form of on-the-job training under supervision offered to undergraduate and postgraduate students. Internships focus on learning and give you the chance to apply your academic skills to a professional work environment and gain entry-level exposure in a chosen industry. Think of it as work experience rather than as a regular job. Internships can be full-time (during holidays) or part-time (during a semester). Internships may require the completion of a minimum number of hours, and can last anywhere between one week and 12 months. Occasionally, students seek unpaid work in order to develop degree-related skills. According to the Fair Work Act, some unpaid work arrangements are lawful and others are not. It is important you are aware of what constitutes a lawful unpaid work arrangement under the Fair Work Act.

Internships as part of the course (for credit): Internship courses typically require you to complete a piece of research or practical work and are often an integral part of an academic course. Apply through your college, whose convenors work closely with employers to build a program that will allow you to develop a set of skills while earning academic credit.

Paid internships (not for credit) You can apply for these 'self-sourced' internships just as you would for a regular job. Applying for an internship usually involves completing an application and submitting your CV and cover letter. Completing them cannot earn you credit.

Vacation programs similar to internships and are ideal for undergraduate and postgraduate students who want to put their knowledge and skills to the test in the real world. Students on vacation programs usually work under a supervisor who assesses them on the job. Vacation program can lead to a fast-track entry into the following graduate program.

Internships and Vacation programs offer a bucket load of benefits which can kickstart your career:
- Work on real projects and contribute to organisational success
- Gain meaningful on-the-ground work experience
- Explore a career path and understanding if it’s right for you
- Get relevant training and valuable feedback
- Develop and refine your hard and soft skills
- Build your networks and increase employability
- Boost your income and chances of being offered a permanent graduate role at the end of your degree

The vacation programs are advertised via the employer website, CareerHub, campus presentations, careers fairs and graduate publications. Early entry to some programs is linked to students societies. The job application process in the Australian Public Service can be very different to the process in private sectors and often require to address Selection Criteria.

For more information about available jobs and programs visit:

CAREERHUB.ANU.EDU.AU