

Recommendations for other interns

You might be interested in doing an internship - great! And this might be the only thing you are sure about and everything else feels quite unclear - don't worry! I have made a list or a guide, if you will, on what you should keep in mind when you are planning your internship.

Be aware of the time limit

Do not contact companies and apply for internships too late or too close to the summer vacation. I started this process right before the summer and Fitness24Seven got my application just before the HR Director went on vacation. This was way too late (and it does not look professional).

Make a list

Structure your thoughts into lists. When creating these lists try to answer questions like: *What am I interested in working with later on? What have I enjoyed working with earlier? What companies am I interested in? Can I find these companies close by or do I have to move or travel? What qualifications do I have from my education?* After answering these questions you might have some companies in mind.

The process for me was like: *My interests are sports, sales, people, psychology, interviews, art and the fitness industry. I am interested in companies connected to the fitness industry. The headquarters of Fitness24Seven is conveniently located in Lund.*

Update your resume and personal letter

If you want to be seen, especially at this time, you need to have an updated, interesting resume. I listed some courses in my resume to give an overview of my competences because not all know what the behavioural scientific education includes. Also remember to aim your personal letter directly to the company. Do not worry if companies say no or do not answer your application. Different companies contacted me 4 months after my application to tell me that they did not have the resources to take in interns this year, even though I already had an internship.

Document

Write everything down, take notes and make plans. You will need all this when doing the school related work like the project plan and reflection about your internship. When you feel that you do not know what to do at the company look back at your notes, see what you can develop and write more notes and structure your schedule.

Take part

While doing your internship remember to ask questions and participate. When you show that you want to be involved you will get more interesting tasks.

Communicate

Contact other classmates and check on how their internships are going to get tips and support. Try to have open communication with your supervisor at the university and company. When you need an idea of what your project could be, ask your supervisor what the company needs.

Enjoy the experience and opportunity!