

Internships

Doing internships is a great way to gain professional work experience while you are still a student. Not only that, you get the opportunity to learn about what it means to be responsible for a company/business, what the work environment is like, what skills are necessary to succeed in the workplace, and what type of job suits you best. It provides an invaluable opportunity for you to further your knowledge in planning your future career. Take the initiative in searching for interesting internships while you are a student so you may see what options are out there for you along with building your professional experiences!

Types of Internships

The internships that you will be able to participate in before job hunting gets officially underway are those held from February to March, 2019. In general, an internship lasts from between one to two weeks. Students may arrange for their own internships (*Independently-arranged Internships*) or apply for internships through APU (*Contract-type Internships*). Research the options available to you and find an internship that best suits your needs. Check the Career Office website for more details and also the *Internship Handbook* for more information (available at the Career Office).

① Contract-type Internships

These are internships in which the company/organization have signed a memorandum of understanding with APU and the application process is done through the university. If you fulfill certain conditions, you may also apply to receive course credits for the internship. The list of the available internships will be published on Campusmate Web and distributed during the Internship Guidance.

② Independently-arranged Internships

These are internships that students research and apply for on their own. For participating in the internship, you need to submit an *Internship Notification Form* before attending, and an *Internship Report Slip* after completing the internship to the Career Office.

③ 1-Day Internship

This is a one day long mini-internship that has become more common due to the rising trend of internships in Japan. It can take a variety of formats, including workshops, lectures, and workplace visits. Use this internship to gain more information about a specific industry/company, or see for yourself the workplace environment of the industry/company.

※ Companies also use internships that provide professional working experience as a tool for recruiting future candidates for hire. They gauge your genuine attitude towards their company/organization by your performance during the internship. Based on your performance, you may gain an advantage later on in your application if you were to apply for the company afterwards. Therefore, maintain your professionalism and always treat internships as if you were being considered for hire later on.