

Internships

Doing internships is a great way to gain professional experience and to also experience firsthand working in companies/organizations that are connected to your major/future career. Through internships, you can further understand the company/organization at hand and learn what it means to “work,” and what job fits you best. Internships provide an invaluable opportunity for you to further your knowledge in planning your future career.

Be proactive in participating in these internships for job hunting in Japan to confirm whether the company you are thinking of applying for is fit for you.

Furthermore, in recent years, more and more companies have been giving selection screening privileges for students who have excelled in their internships such as immediately moving past the first part of the interviews, etc. These internships that are connected to hiring have become more common in Japan.

Types of Internships and Their Tenures

Tenures of internships can range from 1day to 2day internships and a few weeks to a few months. In APU, besides the internships that you arrange yourselves, “*independently-arranged internships*,” you can also apply for APU’s “*Contract-type Internships*.” Research the options available to you and which one best suits your needs. For more details, please check the Career Office website.

① Contract-type Internships

These are internships in which the company/organization have signed a memorandum of understanding with APU. The application process is done through the university and if certain conditions are met, you may receive course credit for the internship. You can see the list of participating companies/organizations for the Contract-type Internships during the Internship Guidance and on the Career Office website.

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.