

Micro Internships Programme

What is a Micro Internship?

Micro Internships are paid, professional assignments where you get to a real project set by an employer. It's a great chance to find out what it's like to work with a company and gain real experience to add to your CV.

The internships are 45 hours long and can be completed either in the workplace or in a hybrid fashion (a mix of both remote and in-person learning) over a period of up to six weeks. The internship is designed like this to provide you with flexibility to fit the internship around your studies and other responsibilities.

Why do one?

- Find out what it's really like to work in an area that interests you
- Build professional skills and workplace experience that will boost your CV
- Build skills and experience that will help you towards gaining employment after graduation
- Get paid, relevant experience for working in a field you are interested in
- Build your network in industry that will stand you in good stead for your future career.

Fast facts:

- All interns will be paid £10.30 per hour
- You'll get support from the AUB Futures team
- Open to students from Level 5 and 6



What types of projects will I be working on?

We want you to have a meaningful experience while working as an intern. We will have a variety of requests, but to give you an idea, they might include:

- Assisting with improving social media and marketing campaigns
- Working on a project to help improve sustainability
- Consulting on branding or merchandising for events and audience engagement
- Conducting research
- Supporting with designing and running activities with young people/vulnerable groups
- Producing ideas/designs for installations/festivals
- Assisting in producing short videos or co-ordinating photo shoots
- Editorial, layout design/creative writing
- Ideas for new design concepts for products/interior spaces/fashion/textiles/etc.
- Providing design solutions or innovation
- Testing out new products, websites, or services

Application process

Firstly, have a look at the eligible companies we have available on [Futures Hub](#) - those participating in the programme will appear under our Micro Internships resource for you to browse. They will all have different projects, business types, and workloads, so read through them carefully and select one that you like the most!

Once you find a company you're interested in, complete our [application form](#). You may need to provide examples of your work, which could come as a PDF, website, or professional social media page, depending on the employer. Check out our [portfolio resource](#) if you haven't already! We will reach out to you with further details shortly afterwards.

If you are pre-selected, your application will be sent directly to the company of your choosing for interview. If you'd like to brush up on your interviewing skills beforehand, you can book a mock interview with us on our [Bookings](#) page!

We'll keep you updated on our [Instagram](#) page, so make sure you follow us to stay up to date!

If you have any questions, email us at futures@aub.ac.uk