

HOW TO LAND AN INTERNSHIP IN SAN FRANCISCO AND IN THE “BAY AREA



During their time in San Francisco Bay, our Career Consultants Christiane Laloy and Fabrice Barthélemy interviewed institutional actors, former Sciences Po graduates and students on the career opportunities in the region. Here's some feedback from students looking to land an internship on the west coast.

THE « BAY AREA » ECOSYSTEM

The labour market is principally geared towards the « tech » and « start-up » world (proximity with the Silicon Valley) which brings to the fore mostly for engineers.

THE PERCEPTION OF INTERNSHIPS IN THE UNITED STATES

Internships are not an institutionalized practice in the United States and are not a prerequisite to work. Consequently, the notion and framework of internships in the United States are more akin to that of employment (traineeship/internship) or to a trial period, and the intern is considered to be an employee.

American companies welcome students for different periods of time (from one week to a year), for internships or jobs as long as they are convinced of your interest and of your application's relevance. You **should therefore show enthusiasm and proactively in your approach to influence their decision.**

TRICKS TO LAND AN INTERNSHIP IN SAN FRANCISCO AND AROUND

- Be visible on social **networks such** as LinkedIn, Tweeter, Facebook, blogs (regular article publications, participation in discussions)
- Connect as soon as possible with a Sciences Po graduate or a French employee to make yourself known (**just applying to open positions**)
- Highlight your originality and your experience (what I've done, what I can do, what I can bring to the table)
- Demonstrate an interest in the **Tech world, in entrepreneurship or innovation in general**
- Accept an internship or first job in a company which attracts you but not necessarily related to your professional objective
- As part of your student exchange or double diploma, participate in conferences, « meet-ups », round tables in the target sector

TO FIND OUT MORE

[To know about the visa formalities for an internship in the United States](#)

[Are you East-Coast or West-Coast ?](#)

[Silicon Valley – an American Dream for entrepreneurs ?](#)

[Being an intern in San Francisco](#)