



Show Notes

Season 4, Episode 8:

Internships: Are they good for your career, or exploitative?

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What's in this episode?

Hosts Rachel Smith from [Rachel's List](#) and journalist and content creator [Lynne Testoni](#) talk about internships and whether they can help launch your career – or exploit your skills and time

Key points about internships

- Internships can be exploitative
- A lot of underhand stuff goes on
- A lot of unpaid internships can only be done by wealthy young people who can afford to support themselves, which leads to a concern about the industry being more elitist
- If it's a vocational placement (as part of a uni or school course) they are generally unpaid
- If you have an 'employment relationship' with the business you're interning for you should be paid minimum wage
- Join Young Australian Writers group for more discussions on internships
- There's legal info about internships in the Fair Work Act

A bad internship is...

- One where you're doing a lot of work a staffer would be doing and you're not getting paid
- You're working as an intern for years without an offer of employment

The positive side of interning

- Can be hugely rewarding and useful
- You may be shadowing someone who has the kind of job you aspire to having one day and learning lots
- You'll see the day to day activities of a workplace to understand the industry and make valuable connections, it's about who you know

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- You might get a good letter of recommendation that'll give you a foot in the door to a paid position
- You get practical experience and knowledge, up-to-date skills that are often a lot more than you'll learn at uni. Being part of a team, SEO.
- You can make valuable connections – it's all about who you know

How to find an internship

- Jobs boards sometimes post them
- Reach out to magazines / trade magazines and ask if they have an intern program
- Ask friends and family if they offer intern opportunities at their workplace (if they work somewhere that interests you)
- News Corp has a formalised intern process
- Don't restrict yourself to writing internships – radio / audio / TV / video work is a fantastic option and may make you more employable

Questions to ask before taking on an internship

1. How long is this internship?
2. What kinds of work / tasks will I be doing?
3. Will I be doing work that a staff member might otherwise do?
4. How much of my time is required?
5. Are there any potential work opportunities at the end of it?
6. Who will I be working with / shadowing?
7. Will I be reimbursed for travel expenses?

Further reading

<https://www.fairwork.gov.au/pay/unpaid-work/work-experience-and-internships>
<https://www.rachelslist.com.au/blog/getting-into-journalism-the-back-door-way/>
<https://www.rachelslist.com.au/blog/what-i-think-internships-should-look-like/>
<https://www.theguardian.com/commentisfree/2020/jul/28/i-got-my-start-in-australian-womens-magazines-what-about-todays-young-writers>

That's it for this episode. Hope you've found these show notes useful. Cheers, Rachel and Lynne

Got a question? Email us at thecontentbyte@gmail.com