



ABSOLUTE
INTERNSHIP

Prepare Yourself for the Future of Work



SUMMER BASIC PROGRAM DETAILS

- **Locations:** Bangkok, Barcelona, Hong Kong, Krakow, Lisbon, London, Madrid, Paris, Seoul, Singapore, Stockholm, Tokyo
- **Available start Dates:**
 - **June 6, 2025**
(June 8 for Lisbon)
 - **July 4, 2025**
(July 5 for Lisbon)
 - **August 1, 2025**
- **Durations Available:** 4 Weeks or 8 Weeks

Inclusions

- Internship in guaranteed industry
- High quality accommodation - single or shared room depending on location
- Travel card covering commute to and from internship
- Visa support if required (for non-U.S citizens)
- Pre-departure preparation and support
- Airport Pick-up
- Orientation and Welcome Weekend
- Career Development Workshops
- Farewell Event
- On-site support 24/7

**Day trip, Weekend trip, and cultural activities are not included but can be added at an additional cost*

SUMMER BASIC PROGRAM PRICING

Location	4 Weeks	8 Weeks
Bangkok	£3,110	£4,449
Barcelona	£3,130	£4,779
Hong Kong	£3,455	£5,115
Krakow	£2,305	£3,525
Lisbon	£3,039	£4,695
Madrid	£3,039	£4,695
Paris	£4,019	£6,695
Seoul	£2,955	£4,345
Shanghai	£3,385	£4,705
Singapore	£3,575	£5,645
Stockholm	£3,039	£4,955
Tokyo	£3,910	£6,085

SUMMER FULL PROGRAM DETAILS

- **Locations:** Bangkok, Barcelona, Hong Kong, Krakow, Lisbon, Madrid, Paris, Seoul, Shanghai, Singapore, Stockholm, Tokyo
- **Available start Dates:**
 - **June 6, 2025**
 - (June 8 for Lisbon)
 - **July 4, 2025**
 - (July 5 for Lisbon)
 - **August 1, 2025**
- **Durations Available:** 4 Weeks or 8 Weeks

Inclusions

- Internship in guaranteed industry
- High quality accommodation - single room or shared room depending on location
- Travel card covering commute to and from internship
- Visa support if required (for non-U.S citizens)
- Pre-departure preparation and support
- Airport Pick-up
- Orientation and Welcome Weekend
- Career Development Workshops
- 1 Day trip, Weekend trip, and Cultural activity
- Farewell Event
- On-site support 24/7

SUMMER FULL PROGRAM PRICING

pricing in GBP

Location	4 Weeks	8 Weeks
Bangkok	£3,479	£5,045
Barcelona	£3,475	£5,215
Hong Kong	£4,345	£6,779
Krakow	£2,999	£4,390
Lisbon	£3,475	£5,215
Madrid	£3,475	£5,215
Paris	£4,779	£7,839
Seoul	£3,909	£5,649
Shanghai	£4,085	£5,735
Singapore	£4,345	£6,695
Stockholm	£3,999	£5,999
Tokyo	£4,779	£7,129

PROGRAM HOUSING



- ✓ Safe & Centric
- ✓ Private rooms or Shared rooms
- ✓ AI Staff onsite 24/7
- ✓ All students in the same building
- ✓ Close to transport
- ✓ Close to restaurants and shops



INTERNSHIP PLACEMENT SERVICE

- **Locations:** Barcelona, Hong Kong, Lisbon, London, Madrid, Paris, Seoul, Shanghai, Singapore, Stockholm, Tokyo
- **Available start Dates:** Any
- **Durations Available:** 2 months - 6 months
- **Price:** 1,300 GBP

Inclusions

- Internship in guaranteed industry
- CV Enhancement and Interview Guidance
- City Guide
- Visa support if required (for non-U.S citizens)

Remote Internship Program

| **Part time or Full time** 20 or 35 hours a week

| **Locations** Bangkok, Barcelona, Hong Kong, Krakow, Lisbon, London, Madrid, Montreal, Paris, Shanghai, Singapore, Stockholm, Tokyo

| **Duration** 4 Weeks +

| **Application Deadline** 10 weeks before start date

| **Program Price** 999 GBP



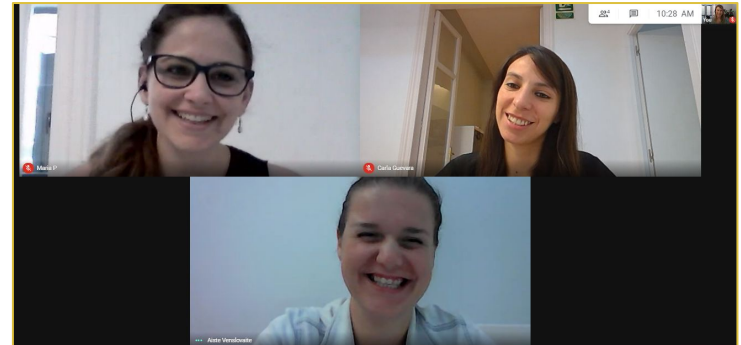
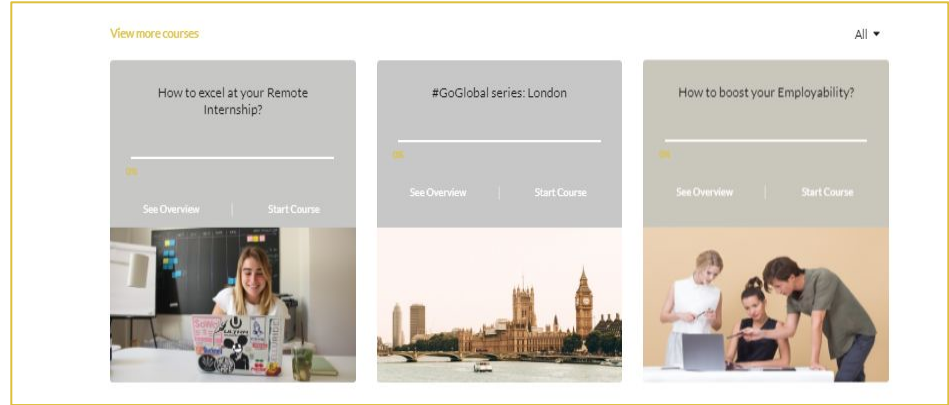
Inclusions of the Program

| **E-learning platform: Absolute Academy** - Modules before starting, during and after the program.

| **Check-in call with your AI placement manager** - ensure everything is going well with internship and supervisor.

| **Weekly check-in calls with your supervisor** - receive feedback on projects, review tasks and questions.

| **Certificate of Completion** - Which can be posted directly to linkedin.



Available Industries

Accounting

Event Planning

Hospitality & Tourism

Non-profit

Advertising

Fashion

Human Resources

Pharmaceutical

Architecture

Finance

IT

Publishing

Art Gallery

Fintech

Journalism

Real Estate

Business Development

Game Management

Legal

Sports Management

Engineering

Graphic Design

Logistics

Sustainability

Entrepreneurship

Green Technology

Marketing

Video Production

Barcelona:

Where Business Meets Gaudi's Magic

Popular Industries

- Architecture
- Engineering
- Non-Profit
- Journalism
- Hospitality & Tourism
- Fashion



Great location for students who

- Are interested in modern art and architecture
- Are interested in the creative side of business
- Are very proactive and social
- Are interested in language and cultural identity of Spain and Catalunya
- Want to spend the summer near the beach
- LGBTQIA+ friendly

Work Culture

- Relaxed, casual, and autonomous working culture - must be proactive!
- Hybrid and Flexible working hours.
- Long lunches with colleagues are normal

Krakow:

Step into History and Forge Your Future

Popular Industries

- Business Development
- Marketing
- Sustainability
- Hospitality & Tourism
- Entrepreneurship
- Non-profit
- Public Relations



Great location for students who

- Want to gain experience in business within a growing European economy
- Enjoy the idea of exploring Central Europe and its diverse cultural heritage
- Want to experience living in a cost-effective yet modern European country with a high quality of life

Work Culture

- Value professionalism and formality, including formal business attire
- Being punctual and reliable is highly regarded
- Strong work-life balance, many companies support their workers in this regard

Lisbon:

Sail into a Future of Innovation & Culture

Popular Industries

- | | |
|--------------------|-----------------|
| → Entrepreneurship | → Legal |
| → Marketing | → Non-Profit |
| → Green Technology | → Creative Arts |



Great location for students who

- Are a self starter who is proactive and comfortable working autonomously
- Enjoy a more flexible work environment
- Are looking to strengthen their networking skills, working with smaller start ups
- Are interested in creative industry and design
- Prefer a smaller city

Work Culture

- Relaxed working environment with close relationships to supervisors
- Not very structured - companies are open to you suggesting tasks you want to do
- Hybrid working is the norm - students often have some say in their schedules

London:

Conquer the Global Business Stage and Soak In Iconic Culture

Popular Industries

- Business Development
- Marketing
- Publishing
- Non-Profit
- Logistics
- Human Resources



Great location for students who

- English speakers who are nervous to be working in a non-english environment
- Are motivated and driven to have a demanding and serious internship
- Want a structured work environment with clear tasks
- Value an inclusive working environment, fairness
- LGBTQIA+ friendly

Work Culture

- Strict and very structured working hours
- Traditional hierarchy in the workplace
- Formal attire required in many places
- Manners are extremely important with co-workers even outside of work

Madrid:

Embrace the Heart of Spain's Culture & Growth!

Popular Industries

- Accounting
- Business Development
- Information Technology
- Engineering
- Marketing
- Videography



Great location for students who

- Want to learn Spanish
- Working more corporately, majority of biggest Spanish companies located here
- Outgoing and social, would enjoy meeting both locals and internationals
- LGBTQIA+ friendly

Work Culture

- Relaxed, casual, and autonomous working culture
- Many companies are hybrid and offer flexible schedules
- Relationships with coworkers are very important - eat lunch together and speak about lives

Paris:

Master the Art of Business in the City of Lights

Popular Industries

- Fashion
- Legal
- Public Relations
- Real Estate
- Creative Arts
- Journalism



Great location for students who

- Are looking to build their career in fashion
- Enjoy having ownership of their work to build resourcefulness and proactive skills
- Would like to further their French language skills
- Are comfortable in a demanding workplace
- Open to trying food and activities the French way

Work Culture

- Very hierarchical and structured - supervisors tend to be strict with interns
- Expect interns to be proactive
- More formal attire in the workplace
- Feedback style is very direct

Bangkok:

Experience the Balance of Tradition
and Modern Industry

Popular Industries

- Business Development
- Marketing
- Sustainability
- Hospitality & Tourism
- Entrepreneurship
- Non-profit
- Public Relations



Great location for students who

- Are interested in international business and trade, particularly in Southeast Asia's dynamic markets
- Enjoy the idea of living in a vibrant, bustling city with a mix of traditional and modern lifestyles
- Take pleasure in the culinary arts and food industry
- Are curious how Buddhism is highly practiced through everyday and business life

Work Culture

- Emphasis on collaboration and teamwork, collective goals
- Maintaining face and avoiding direct confrontations and conflicts
- Decisions normally made by higher ranking individuals
- Formal dress attire

Hong Kong:

Intern in Hong Kong: The Gateway to Global Success

Popular Industries

- Business Development
- Marketing
- Finance
- Entrepreneurship
- Accounting
- Information Technology



Great location for students who

- Aspire to work in a global financial hub and gain firsthand experience in one of the world's top economic centers
- Value cultural diversity and want to broaden their horizons by immersing themselves in a unique blend of Eastern and Western cultures
- Enjoy a vibrant lifestyle filled with cultural activities, culinary adventures, and scenic explorations in a bustling city

Work Culture

- Fast paced and dynamic, with an emphasis on productivity and meeting tight deadlines
- High expectations for quality of work, attention to detail and dedication
- Emphasis on hierarchy
- Formal dress attire

Seoul:

Dive into Asia's Thriving Innovation Hub

Popular Industries

- Marketing
- Fashion
- Non-Profit
- Business Development
- Entrepreneurship



Great location for students who

- Are passionate about tech and innovation and want to immerse themselves in one of Asia's leading tech and startup ecosystems
- Love exploring dynamic urban environments
- Desire global connections and opportunities to network with professionals in a city known for its creativity and progress

Work Culture

- Working culture is hardworking and disciplined
- Team collaboration and success highly valued
- Formal dress attire
- Respect for seniority and direction

Singapore:

Propel Your Career in Asia's Dynamic Powerhouse

Popular Industries

- Information Technology → Business
- Accounting → Development
- Finance → Non-Profit
- Sustainability



Great location for students who

- Are interested in Asia, but are nervous about a language barrier (English is an official language)
- Want to live in an extremely sustainable city
- Diverse and rich cultural and professional experience
- Are interested in both eastern and western markets and how they interact.

Work Culture

- Working culture is very structured, hierarchical and serious
- High emphasis on productivity, efficiency and environment is often fast paced
- Formal dress attire
- Multicultural and diverse working environments

Shanghai:

Unlock Your Potential in Asia's Thriving Metropolis

Popular Industries

- Business Development
- Pharmaceuticals/Health care
- Finance
- Legal
- Engineering
- Marketing



Great location for students who

- Want to experience rapid economic growth
- Enjoy vibrant city life with a mix of modern skyscrapers, historic sites, and diverse cultural experiences
- Are excited to immerse themselves in a rich blend of tradition and modernity that offers a unique perspective on global trends

Work Culture

- Working culture dynamic with a strong focus on achieving results
- High emphasis on flexibility and ideation, “outside the box” thinking
- Formal dress attire
- Hierarchical, but team collaboration and success are pillars to success

Stockholm:

Innovate Your Future in Scandinavia's Green Gem

Popular Industries

- Entrepreneurship
- Finance
- Green Technology
- Pharma/Healthcare
- Information Technology
- Sustainability
- Graphic Design



Great location for students who

- Are confident in working in a non-hierarchical environment
- Prefer structure and order
- Want to explore Scandinavia working culture (one of the most highly rated)
- Want to explore the innovation and clean living of Northern Europe

Work Culture

- Working culture is very collaborative
- Informal dress is normal in the workplace
- In Stockholm, it is normal to have a close relationship with your boss or supervisor.
- Hybrid working is normal - very few go into the office every day

Tokyo:

Immerse in Tradition and Thrive in the World's Tech Capital

Popular Industries

- Marketing
- Business Development
- Entrepreneurship
- Information Technology
- Non-Profit
- Publishing
- Public Relations



Great location for students who

- Want to experience the Japanese business model: punctual, respectful and traditional
- Like a lot of structure and can adapt and follow rules of politeness
- Likes the hustle and bustle of a big city
- Are interested in Japanese cultural and/or have Japanese skills



Work Culture

- Working culture is very structured and hierarchical
- Long working hours, strong work ethic, punctuality, and commitment to work are valued
- Formal dress attire
- It is important to follow cultural rules for politeness

Internship examples



Creative Arts, Barcelona

[The Barcelona Art Academy](#) is a premier Spanish institution dedicated to providing comprehensive and personalized art education. Located in the heart of Barcelona, the academy offers a range of programs in fine arts, including drawing, painting, and sculpture, catering to both beginners and advanced students. Its vibrant artistic community and inspiring environment make it an ideal place for aspiring artists to develop their skills and express their unique vision.

Main job tasks:

- Support instructors in preparing and conducting art classes and workshops
- Help organize and manage gallery exhibitions and student showcases.
- Develop engaging digital content for the academy's social media channels and website
- Conduct research on contemporary art trends, local art events, and potential collaboration opportunities.

Internship examples

MUCHIMUCHI

Arts/Advertising, Paris

[Muchimuchi](#) is a Parisian creative studio that facilitates the connection between advertisers and artistic talents. In collaboration with the art gallery 54 dunkerque, we also commit to promoting the works of numerous artists and showcasing them on international art markets.

Main job tasks:

- Advertising
- Public Relations
- Marketing: Content Creation, strategies, materials
- Project development

Internship examples

GAJAH GALLERY 

Art Gallery, Singapore

[Gajah Gallery](#) participates in prestigious art fairs worldwide, showcasing contemporary Southeast Asian art and fostering cross-cultural dialogues. Notable fairs include Art Basel Hong Kong, Art Jakarta, and Frieze Masters in London. Their exhibitions emphasize emerging and established artists, exploring themes that reflect the region's diverse cultural narratives. The gallery aims to bridge traditional and modern art forms, offering global audiences a rich exploration of Southeast Asian identity and heritage.

Main job tasks:

- To assist with the upkeep of Gallery's inventory and to deal with local and international shipping.
- To assist with incoming and outgoing objects of art.
- Handle sensitive and complex issues in a professional and objective manner.

Internship examples



Marketing, Shanghai

Insight Focus is a leading market research consulting company dedicated to the Greater China market. They specialize in consumer study, ethnography, idea co-creation, and digital research.

Their clients include Nature's Bounty, Oreo, Costa Coffee, Adidas and Lancôme

Main job tasks:

- Assist Supervisor on Project Management
- Perform Secondary Research and Data Analysis
- Coordinate Research Fieldwork
- Support on Report Writing

Internship examples

Information Technology, Lisbon

LIMSEN is a 2-partner led company specializing in the creation and management of construction digital models.

Drawing on our 20+ years of shared design experience, we develop custom-made BIM implementations, BIM Management Services and Model-based BoQs for the AEC Industry.

LIMSEN
CONSULTING

Main job tasks:

- Management of Construction Information (Asset Information Model). Use programming languages such as C, Python, SQL, HTML, CSS and JavaScript to develop cloud-based interfaces that connect different databases
- Implementation of Business Intelligence workflows
- working with one or more cloud providers (AWS, Azure, GCP)
- ability to turn business requirements into technical architectures

Internship examples

Marketing, Stockholm

Märta Larsson is a luxury lifestyle brand in Stockholm. The label was launched with one-of-a-kind jewelry pieces, hand-crafted from raw stones hand-picked by Märta herself; stones including pyrite, black tourmaline, quartz, amethyst and lapis were then transformed into unique pieces, hard-bound by metals for an unexpected edge.

MÄRTA LARSSON

Main job tasks:

- Responsible for Social Media presence of the startups across the digital media channels: LinkedIn, Facebook, Instagram, twitter etc.
- Market research and produce data and research on competitors, market landscape and how they place their product/service with respect to their competitors
- Analyze the trends in the market and the company's strategy to identify opportunities
- Perform and present competitor analysis to identify our positioning and areas where our company can surpass the industry's competitors and forge ahead.

Internship examples

Biotechnology Engineering, Singapore

[Acceler8 Clinical Research](#) is a full-service, privately owned CRO clinical research provider headquartered in Manchester, UK with offices in Singapore and Australia. Acceler8 targets biotech clients with medium size clinical trials and novel products which often do not have a classical road map to the market. Acceler8 ran the clinical programme for the first gene therapy to be approved in the Western World.



Main job tasks:

- Introduction to Acceler8 and to Clinical Trials overall
- Data Management support
- Business Development support
- Administration support

Internship examples

Legal, Barcelona

Lexidy's lawyers in Spain and Portugal offer international multi-disciplinary legal advice to individuals, companies, investors in national and international transactions. Our Services: Corporate, Immigration, Real Estate and Taxes.



Main job tasks:

- Working closely with our team and across legal service areas to improve our client communication.
- Processes and workflows connecting with clients in a more emotional way and tailored to identified buyer personas.
- There would also be ample opportunity to work directly with lawyers in helping in legal service delivery along their specific interest areas.

Internship examples – Remote



Event Planning, Remote

IndyPop Records was created in 2016 by individuals who have covered the full scope of the music industry from songwriting, production, legalise, artwork through to the marketing, publishing & distribution of our products into the commercial market.

Since our conception we have a combined asset portfolio of:

- 1000+ Catalogue of tracks
- 50+ Albums in market
- 50,000,000+ Worldwide Streams
- 10,000+ Sync Placements

Main job tasks:

- Live event planning and public engagement (strategy and fan base building)
- Liaising directly with performers and vendors to ensure their needs are met and questions are answered in the lead up to the event
- Album marketing and stream boosting (online music magazines, blogs and other mediums)
- Promotion of events on online platforms.
- Merchandise marketing, selling and promoting at live events.

How am I matched with a company?

1

The best match

The Student Success Team will start matching your profile to our host companies that align with your profile, internship and career goals.

2

Your Internship Placement

Once a company is interested in your profile, *the Student Success Team* will contact you via email to provide more details about your internship offer and will let you know if an interview is required.



Internship confirmed

Congratulations! Your internship is confirmed. Time to finish up preparing for your international professional development experience.

Will you be a part of #absoluteinternship ?

Our Alumni are currently employed with world-class companies such as:

Dior

Goldman
Sachs

accenture

Lenovo

BVLGARI

Deloitte.

J.P.Morgan



Linklaters



Johnson & Johnson





Follow [@absoluteinternship](#) to learn all the news about the Absolute program, student takeovers, their tips to future interns and much more!

Share your experience with [#absolutetribe](#)





Thank you!

#GoGlobal

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Questions?

Email us info@absoluteinternship.com

+34 937 977 408

Carrer de Bailen 20, 4-1, Barcelona 08010 Spain



www.absoluteinternship.com