

YOUTH+2026

Internship Programme

Embarking on an Internship
Unleashing Your Potential

Internship
Opportunities

Work · Ready
Workshop

Workplace
Experience
Activities

Applications are
now open

Enquiry : 3113 7999

(Project Coordinator : The Hong Kong Federation of Youth Groups)

 ERB Hotline : 182 182

 www.erb.org/youthintern

 My ERB

 [captaink_erb](https://www.instagram.com/captaink_erb)

 Employees Retraining Board (ERB)

Programme
Details



Objective

The ERB “Youth Internship Programme” is designed to enhance young people’s understanding of the dynamic world of work. Through this Programme, participants have the opportunity to enhance their interpersonal and workplace soft skills, and further explore their potential and interests for future study and career planning. Besides, ERB collaborates with various corporates to organise workplace experience activities, including company visits, through which young people can understand the workplace environment and increase their knowledge of different industries.

Targets

- Students aged 15-29, studying in S4 to S6 or at sub-degree or degree level; or
- Trainees of ERB Youth Training Courses; or
- School leavers¹

Internship Vacancies

Internship opportunities are available in various industry categories, including information technology, tourism and hospitality, retail and catering, property management, professional and business services, social services, education and public utilities, etc.

Internship Period and Duration

- Internship will be arranged during the period of July and August 2026, and will generally last for a total of 40 to 65 hours.
- A “Work • Ready Workshop” covering the introduction of the trend and applications of new skills in the workplace, workplace etiquette and communication skills, etc. will be arranged to bolster interns’ confidence.

Internship Allowance and Certificate

Participating organisations will provide internship allowance and certificate to interns upon completion of internship².

Workplace Experience Activities

A series of workplace experience activities will be organised in order to broaden participants’ career horizon.

Application Method

Submit the online application form and school nomination form (if applicable) to intern@erb.org on or before 8 June 2026.



Online
Application
Form

Supporting Organisations



1. Applicants should not have engaged in any full-time job.

2. With an attendance rate of 80%.

- Internship arrangement is limited by relevant quotas. Internship duration does not include meal breaks. The internship matching arrangements and outcomes are subject to the decision of the participating organisations. The relevant arrangements, including duty time, allowance, etc. are subject to the agreement between the participating organisations and the interns.
- For details of the Programme and the latest information of internship vacancies, please refer to the website of the Programme. ERB reserves the right of final decision on the programme arrangements which are subject to change without prior notice.