

SWAP Internship USA & Professional Career Training (PCT) USA



"The SWAP Internship Program helped shape my post-graduate life."

Sophia Reynoso – SWAP USA Internship

My experience was wonderful and life altering – especially since it was a traineeship. This program helped shape my post-graduate life (a difficult transition for most) by assisting me in achieving one of my dreams. I also was able to network with some of the finest in my field and this experience allowed me to live in a world-class city. I have SWAP to thank for helping make it all happen.

FROM: Markham, Ontario

US COMPANY: Advertising Agency with a portfolio of clients in luxury high-end fashion, luxury resorts and products.

US CITY: New York City

FAVORITE PLACE & WHY: Central Park – a picturesque break from the hustle of NYC

EDUCATION: BBA, Schulich School of Business, York University

DURATION OF YOUR STAY: 18 months

HOW DID YOU FIND YOUR INTERNSHIP/ TRAINEESHIP? Networking

TRIP HIGHLIGHTS: The people you meet – both friendships and professional relationships; the array of people you encounter – the diversity in ethnicities, cultures, classes and interests is simultaneously humbling and inspirational

RENT: Ridiculous! \$1,000/month. for my share of a 400 sq foot apartment. (I recommend apartments in Brooklyn)

CAREER TIPS: Everything you do for the company (regardless of how minute the task may seem) during your traineeship is an opportunity to prove how competent, dedicated and capable you are of being a fantastic asset and addition to their company

INT and PCT are administered through SWAP head office and not through our Travel CUTS/ Voyages Campus offices. Visit www.swap.ca for details on pricing and eligibility.

CHECK OUT THESE INTERNSHIPS:

AMIT SOLANKI	Gemologist Trainee – carving and trading gems and diamonds in New Jersey
CHRISTOPHER CHAISSON	Culinary Trainee/Chef in luxury resort in New York State
ELLA BOWLES	Marine Biology Research Intern in Seward, Alaska Sea Life Centre
NATASHA RUDNICK	News Intern for CBS News in New York
JESSIE ELLIOT-BRUNNING	Landscape Architecture Intern in Honolulu