

# INTERNSHIPS / VOLUNTARY WORK

Newsletter Date: TIMELESS

## Special points of interest:

- Applying for Internship
- Voluntary Work

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## What is a Internship?

An internship is a position which allows a student to gain professional experience in an occupational area they are considering. Typically the experience has a level of responsibility that allows a student to develop new skills in the field and offers the student training and supervision that facilitates learning.



## How to Apply for an Internship

- Talk with teachers - many organizations turn to professors to locate potential interns
- Use your school - most colleges have a career services center that can offer advice, counsellors and job fairs
- Network with friends
- Go straight to the source - it's helpful to talk with a company's human resources department to learn about internship possibilities
- Update your resume
- Practice interviewing
- Choose the right references - it's important to choose a diverse group, including previous employers, professors and coaches
- Look beyond your comfort zone - location shouldn't prevent you from applying for opportunities, and some companies will pay for relocation expenses
- Don't rely on just one source - apply to more than one internship and use all available sources

## What is Voluntary Work

To volunteer, means simply, to be motivated and give one's time or energies to work towards a project or cause that you are interested in. Volunteering gives individuals the chance to explore avenues that would not usually be open to them. This experience enables an exchange of cultural and social contact between volunteers and their host nationals. It enables people to learn new skills and languages, to develop and gain practical experience in the field in, sometimes demanding conditions, and to develop leadership and teamwork skills. In addition, personal development which is difficult to evaluate, is one of the greatest benefits to working and travelling amongst people from different cultures

*“It enables people  
to learn new skills  
and  
languages...”*



## How to apply for Voluntary Work

Like Internships—you need to market yourself and let people know that you are willing to Volunteer work . Network with friends and when applying for a job in your career state that you are willing to work on a voluntary basis. Don't be surprised if your reasons are partly altruistic and partly self-beneficial. Voluntary organisations are well aware that volunteers need to gain something for themselves from the experience

## What's in it for you—should you volunteer?

- A sense of personal fulfilment?
- An opportunity to 'give something back'?
- Involvement in the community?
- The chance to meet new people?
- To acquire new skills?
- The opportunity to explore new areas of work; test out suitability and commitment before making career decisions?
- Necessary pre-course experience?
- Enhancing your CV?



**Zanati link**  
P e o p l e   S o l u t i o n s

Number 5 Concourse Crescent Unit 79 Studio Park Lonehill

Tel: 011 467 6490

Fax: 086 617 9615

Web: [www.zanati.co.za](http://www.zanati.co.za)

Email: [enquiries@zanati.co.za](mailto:enquiries@zanati.co.za)

Zanati Link People Solutions was founded in 2004 and our original focus was in the recruitment of Contractors, Temporary workers, the provision of payroll solutions as well as Permanent placements across the board. However, as time went on, our involvement with Human Resource issues, broadened to include Human Resources Consulting. This has been inclusive of outplacement support, Workshop Facilitation as well as Labor Relations Consulting, which includes arbitration, mediation and conciliation. We have dealt with Industrial Relations issues in plant environments and consult from a wide and reputable pool of labor law practitioners. We are a **GENERALIST** Recruitment Consultancy.

### **Services offered by ZANATI LINK CONSULTING**

- Response Handling
- Permanent Placements
- Labour broking
- Labor Relations/Industrial Relations Consulting
- Payroll Solutions
- Training & Workshop Facilitation
- Outplacement Support and HR Consulting (job grading and feasibility studies)