**Regional internship opportunities**

There are many organizations throughout the UK which work to source internship opportunities at a local level for recent graduates. The following is just a taster of some of the organizations in England and Wales, but we’d encourage you to look locally in your area for more.

**Nationwide**

* [Charity Job](http://www.charityjob.co.uk/jobs/volunteers-internships/) – Provides information regarding a wide range of volunteering opportunities nationwide, including voluntary internships
* [Graduate Talent Pool](http://graduatetalentpool.direct.gov.uk/) – A Government-managed programme to match graduates to businesses through internships
* [Inspiring Interns](http://www.inspiringinterns.com/interns/internship-offers/?gclid=CNjoqqqXyK4CFQ1lfAodVivh_w) – A range of different opportunities, nationwide
* [Milkround](http://www.milkround.com/) – Careers and opportunities nationwide

**North East**

* Most educational establishments run their own graduate internship programmes, but individual organizations helping graduates from any FE or SHE institution are harder to find. You may wish to investigate opportunities featured in on-line case studies, such as this one on the [South Tyneside Council](http://www.southtyneside.info/article/14565/Case-study-Graduate-internships) website

**North West**

* The University of Liverpool Career’s & Employability Service run a project called ‘Graduate to Merseyside’. They help graduates from **any** University that are looking to find paid graduate opportunities in the Merseyside area. A lot of their roles are 12 months or permanent positions but they also have shorter term positions as well. They also send a newsletter every Monday with their opportunities (generally 40-50) which graduates can register for at [www.graduatetomerseyside.co.uk](http://www.graduatetomerseyside.co.uk)

**East Midlands**

* [Emgrad](http://www.emgrad.co.uk/index.html) was part of the Graduate Internship Programme developed in 2009, focusing on graduate jobs and internships. The page provides links to a range of SHE institutions which can provide further support

**West Midlands**

* [Graduate Advantage](http://www.graduateadvantage.co.uk/) represents a partnership between several SHE institutions in the West Midlands, signposting graduates to a range of paid and voluntary internships
* The [University of Keele](http://www.keele.ac.uk/internships/forgraduates/) has its own Graduate Internship Scheme run by the Employer Engagement Team in Research and Enterprise. They help to source a range of paid graduate internships, for which any graduate residing in the West Midlands may apply <http://www.keele.ac.uk/internships/>

**South East**

* [Graduate Jobs South](http://www.graduatejobsouth.co.uk/home.aspx) – Working in partnership with the region's University Careers Services to deliver a recruitment service to students, graduates and employers in the South

**South West**

* [Gradsouthwest.com](http://www.gradsouthwest.com/graduate_internships.htm) - Advertises a range of internships
* The University of Exeter’s Graduate Internship Scheme is currently open to all graduates from any UK University.  The scheme is called Graduate Business Partnerships and full details can be found at <http://www.exeter.ac.uk/careers/graduates/gbp/>. To sign up to receive the e-bulletin with all their roles graduates should visit <http://www.exeter.ac.uk/careers/graduates/gbp/bulletinsignup/>

**Wales**

* [Go Wales](http://www.gowales.co.uk/en/Graduate) - Helping graduates and students to get a head start in today's competitive job market, through work experience, jobs and resources.

**Scotland**

* At the University of Dundee, the Scottish Internship Graduate Certificate (SIGC) programme places graduates into 6 month internships in Scotland. SIGC is an eight month long course combining a six month internship with career management learning, starting every January. Graduates don't have to have studied at Dundee before. Open to UK and EU applicants who already have, or expect to have a minimum of an Ordinary Degree. <http://www.dundee.ac.uk/careers/careerseducationmodules/sigc/>