

F R E U D S

**2026 Intern Ad**

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Freud Communications 2026 Internship Scheme is now open for applications.

We're looking for our next cohort of interns to join our 6 month Internship Scheme, starting in January 2026. We look for smart and curious individuals who are willing to get stuck in and who will bring diverse thinking to our work and culture.

To give you a flavour for what we do: This year we have launched a campaign to Strikeout Snakebite with Wellcome Trust, masterminded the KFC x Greggs collaboration, rolled out a standout week at SXSW London and managed to sneak in some 40<sup>th</sup> anniversary celebrations. Our mission is to continue to do great work and we're looking forward to you helping us.

Based in London and starting at the end of January 2026, the 6-month Internship Scheme will equip each candidate with the skills and hands-on experience necessary to ensure their communications career gets off to a strong start.

The Internship Scheme includes access to our bespoke Academy Training Programme, hands-on experience across Corporate Reputation, Brand and Health and Behaviour change client teams, as well as exposure to some of our specialisms including strategy, social and creative.

The programme will be kickstarted by a two-week training course, where you will be fully immersed into the world of PR, attending training sessions led by our experts in each field, from crisis through to sustainability.

The interns day to day responsibilities once onboarded on to a client might include:

- Researching and compiling background information for client teams
- Supporting media monitoring and tracking articles of interest
- Embracing our digital first approach: fully utilising our technology and AI tools
- Compiling meeting notes, action lists, and call agendas
- Assisting with media sell-ins, including curating media materials (press releases, media lists, etc.).
- Participating in planning and executing PR activities, such as events, photoshoots, and spokespeople engagements.

Outside of the day to day there's so much to get stuck into alongside the Internship Scheme including our monthly company socials and lending a hand at red carpet events.

## **Who we are looking for:**

We are looking for ambitious individuals, who have completed full-time education have the right to work in the UK and are keen to kick-start their career in communications. We are looking for people who are enthusiastic, proactive, and eager to learn.

## **Essential requirements:**

- Confident communicator – across written work and verbally
- Strong organisational and time management skills with the ability to juggle a varied workload
- A minimum grade 6 in GCSE English

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- Experience of using Microsoft packages, specifically Outlook, PowerPoint and Excel and a curiosity for emerging technologies

**Salary:** total package of £27,500 (to be reviewed subject to changes in line with the London Living Wage).

## How to Apply:

**The application process is CV'less, please do not send us one.** Instead, please tell us, in the format of your choice, about yourself and why you're interested in a career within communications. Please send all applications to [work@freuds.com](mailto:work@freuds.com)

## Dates for your diary:

- 1<sup>st</sup> November: Closing dates for Applications
- 8<sup>th</sup> November: Candidates who are successful will be invited to join an initial telephone interview by this date
- 27<sup>th</sup> November: Compulsory Assessment Day for successful applicants will take place in London
- 26<sup>th</sup> January: Role commences

## About Freuds

Love & Work are our cornerstones. We believe they should be entwined with one another. To achieve this blend, we not only choose to work with clients who want to do things differently, but we build teams that are passionate about working on initiatives that they truly believe in. Our employees are given the opportunity to develop industry firsts whether that be in the form of a documentary, an activation or the launch of a new concept or partnership.

Our alumni have gone on to run their own top 150 agencies and to lead the communications and marketing for well-known global brands. Securing a role with us is a smart and strategic career move. We look for problem solvers, for creative minds and for individuals who want to change society, influence culture, challenge conformity and push boundaries. We know that without our employees, we wouldn't be able to achieve what we do.

As our many awards and certifications confirm, we are committed to offering an inclusive environment where individuals from all backgrounds are rewarded on merit, have the opportunity to experience integrated communications in its truest form and work on opportunities that due to our connectivity are unique to Freuds. Our culture ensures a sense of belonging for all and we thrive off our ability to support and utilise a diverse range of thoughts and perspectives.

Freuds Group is an Equal Opportunity employer committed to a diverse and representative team. Whatever your race, religion, origin, gender, sexual orientation, age, marital status, or disability – we want to hear from you.