

# stepup



## Apply today!



**Deadline is Sunday,  
March 1, 2026.**



**Apply today at  
StepUpMpls.org**

### To participate in Step Up you must:

1. Live in the City of Minneapolis.
2. Be 14-21 years old by June 1, 2026.
3. Not be currently enrolled in college(PSEO is okay) .
4. Meet other eligibility requirements.

### Got questions? Contact us!

**Stepupinfo@minneapolismn.gov**  
**Text: 612-999-2772**  
**Call: 612-455-1541**

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For reasonable accommodations or alternative formats please contact Jeremy Lundborg, Step Up, at jeremy.lundborg@minneapolismn.gov or 612-673-6220. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-263-6850. Para ayuda, llame al 311. Rau kev pab, hu 311. Hadii aad caawimaad u baahantahay, wac 311.

**Which Step Up path is  
right for you?**

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foundations

- Step Up Foundations is a entry level internship program for youth ages 14 to 21.
- It's for young people who are new to working or have little job experience.
- It helps youth build job skills before moving on to more advanced jobs or internships.

**VS**

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PRO

- Step Up Pro is a competitive and advanced internship program for youth ages 16-21
- It's for youth who are ready to grow their skills and take on bigger challenges.
- Internships are with top employers in the Twin Cities.



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SCAN HERE

### Jumpstart your career!

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## The Step Up Process

1

Apply online at  
[StepUpMpls.org](http://StepUpMpls.org)

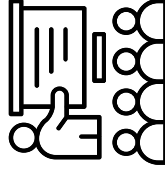


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Check your email  
regularly for updates.

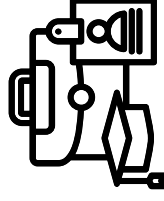
2

Complete required  
next steps.



3

Start your Step Up paid  
summer experience.



Step Up will work to match you with an internship based on your interests, skills and availability. If you are not matched to an internship, you will be invited to participate in the paid online Career Exploration Program.

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