



stepup

With over 20 years of experience and unparalleled access to hundreds of talented Minneapolis youth, Step Up connects more young people to jobs in our city than any other program. Step Up trains and places more than 1,400 youth each year in paid internships with over 100 employers in 15 industries.

Step Up helps organizations diversify their workforce and build a competitive pipeline of young, skilled workers for the entire region. Since 2003, Step Up has provided over 34,000 paid experiences in partnership with businesses large and small.



Zihaam Nor,
Chef Jeff Catering
Admin Support Intern

Zihaam completed four Step Up internships at Pillsbury United Communities, U.S. Bank, and Chef Jeff Catering, which helped her discover her interest in management information system careers. "My many internship projects helped me gain confidence and skills in time management, communication, problem-solving and leadership," she says. In 2022, Zihaam was honored as a 2022 Step Up Intern of the Year.

STEP UP INTERNS

- 92% youth of color
- 85% youth from low-income families
- 49% youth from immigrant families
- 24% youth with disabilities

SUPPORTING INTERN SUCCESS

- Work readiness training builds job and career skills
- Interns are carefully matched with employer opportunities
- Coaching and support is provided throughout the program
- Eligible participants can earn academic credit

stepUp + your organization

Step Up provides internships at employers of all sizes in every sector—from large Fortune 500 companies and small businesses, to government agencies and nonprofits.

Through Step Up, interns get their foot in the door, discover new careers and show you what they're capable of. Their unique voice and ideas can change the future of work.

From the most basic to the most advanced tasks, our team can support you in creating high-quality internships that are a good fit for your organization.



STEP UP BENEFITS FOR EMPLOYERS

- **Prepare** to compete in a global market by building a pipeline of dynamic, diverse workers.
- **Learn** how to make your workplace more welcoming by bringing in new energy, skills and fresh perspectives.
- **Provide** professional development opportunities for junior staff to be supervisors for the first time.
- **Interns** get real work done. Nearly 90 percent of supervisors say their intern made a valuable contribution to their workplace.
- **Count on** our Step Up job coaches, who provide support throughout the internship.



SELECT STEP UP EMPLOYERS

Accenture
Boston Scientific
Hennepin County
M Health Fairview
Mercury Mosaics
MIGIZI Communications
City of Minneapolis
Minneapolis Public Schools
U.S. Bank
University of Minnesota
Wold Architects and Engineers
Xcel Energy

“Our intern Vanessa has far exceeded expectations. They are a wonderful personality to have around the office and have contributed greatly to our agency’s overall mission.”

Andrew, University of Minnesota

BECOME A STEP UP EMPLOYER



Get Started

Begin planning internships with our team and submit a Jobs Pledge Form.



March 15

Submit a Job Description Form for each unique internship.



May

You will receive intern placement information from our team.



June 24

Summer internships begin this week.