

Internships in Canada 2025-2026

Summary table

The logo for ITHQ (Institut de la formation professionnelle) is located at the bottom of the page. It consists of a dark blue square with a white cross-like shape in the center. The letters 'I', 'T', 'H', and 'Q' are arranged horizontally across the cross, rendered in a white, bold, sans-serif font.

ITHQ

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Please note : as students will be outside their region, access to housing is greatly appreciated.

1. Restaurant Industry - Cuisine

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
Entry and mid-level positions : <ul style="list-style-type: none">• Kitchen assistant• Line cook• Commis chef• Chef de partie	Professional Culinary Programs	May 25 to August 7, 2026	390	10	Paid
	Technical Program in Restaurant Management	Between May 25 and September 11, 2026	415	12 to 14	

2. Restaurant Industry - Service

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
Entry and mid-level positions: <ul style="list-style-type: none"> • Host • Assistant server • Server • Assistant headwaiter • Maître d'hôtel or chef de rang 	Technical and University Programs in Restaurant and Hospitality Management	Between May 25 and August 14, 2026	390	10 to 12	Paid
		Between May 25 and August 14, 2026	415	12 to 14	
		Between May 25 and August 14, 2026	350	10	
		Fall, winter, summer according to student's choice	540	Max. 20	
	Professional Program in Fine Dining Restaurant Service	Dec. 2, 2025 to Jan 11, 2026 and May 11 to June 20, 2026	210	6	3 weeks unpaid + 3 weeks paid

3. Restaurant Industry - Bar*

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
Entry-level positions: <ul style="list-style-type: none"> • Bar and service attendant • Bar clerk 	Technical Programs in Restaurant and Hospitality Management	Between May 25 and August 14, 2026	390	10 to 12	Paid
		Between May 25 and August 14, 2026	415	12 to 14	
	Professional Program in Fine Dining Restaurant Service	Dec. 2, 2025 to Jan 11, 2026 and May 11 to June 20, 2026	210	6	3 weeks unpaid + 3 weeks paid

*The bar must be part of a hotel or a restaurant.

4. Restaurant Industry - Management-Level Positions

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
<p>Intermediate positions:</p> <ul style="list-style-type: none"> • Assistant maître d'hôtel (restaurant, banquets) • Coordinator (restaurant, banquets) • Assistant manager (restaurant) • Bar and wine manager • Assistant supervisor (catering, food service, dining room, etc.) 	<p>University Programs in Restaurant and Hospitality Management</p>	<p>Fall, winter, summer according to student's choice</p>	<p>540</p>	<p>Max. 20</p>	<p>Paid</p>
		<p>Between May 25 and September 11, 2026</p>	<p>635-675</p>	<p>17 to 20</p>	

4. Restaurant Industry - Management-Level Positions (cont.)

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
<p>Supervisory positions:</p> <ul style="list-style-type: none"> • Food service supervisor (dining room, room service, minibars, etc.) • Purchasing or sales coordinator • Convention and Banquet Services Coordinator 	<p>University Programs in Restaurant and Hospitality Management</p>	<p>Between May 25 and September 11, 2026</p>	<p>635-675</p>	<p>17 to 20</p>	<p>Paid</p>
		<p>Fall, winter, summer according to student's choice</p>	<p>540</p>	<p>Max 20</p>	
		<p>Fall, winter, summer according to student's choice</p>	<p>400</p>	<p>10 to 20</p>	

Pâtisserie

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
<p>Entry and mid-level positions:</p> <ul style="list-style-type: none">• Bakery assistant or commis• Pastry assistant or commis• Apprentice chocolate maker• Apprentice ice cream maker• Restaurant pastry and bakery assistant• Tourier• Chocolate maker assistant• Pastry decorator• Entremétier• Crémier• Confectioner assistant	<p>Professional Pâtisserie Program</p>	<p>Between May 25 and August 7, 2026</p>	<p>390</p>	<p>10</p>	<p>Paid</p>

1. Hotel Industry - Entry-Level Positions

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
<p>Entry-level positions :</p> <ul style="list-style-type: none"> • Receptionist* • Reservations agent* • Hotel activities attendant* • Valet, baggage handler • Doorkeeper • Cashier • Waiter (banquet or dining room) • Buffet clerk or attendant • Room attendant • Telephone operator • Houseperson 	<p>Technical Programs in Hospitality Management and Tourism</p>	<p>Between May 25 and September 11, 2026</p>	<p>415</p>	<p>12 to 14</p>	<p>Paid</p> <p>Positions marked with an ‘*’ can be filled by students in the Tourism program</p>
	<p>Technical Programs in Tourism</p>	<p>Between May 25 and August 14, 2026</p>	<p>390</p>	<p>10 to 12</p>	<p>Paid</p> <p>Positions marked with an ‘*’ can be filled by students in the Tourism program</p>

2. Hotel management - Mid-Level Positions

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
<p>Mid-level positions:</p> <ul style="list-style-type: none"> • Concierge, customer service agent or customer experience agent • Day or night auditor • Team leader, trainer (accommodation, catering, banqueting, etc.) • Maître d'hôtel (restaurant, banquets) • Head of other departments (spa, golf, accounting, etc.) 	<p>University Programs in Restaurant and Hospitality Management</p>	<p>Fall, winter, summer according to student's choice</p>	<p>540</p>	<p>Max. 20</p>	<p>Paid</p>
		<p>Between May 25 and September 11, 2026</p>	<p>635-675</p>	<p>17 to 20</p>	

3. Hotel Management - Management- Level Positions

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
<p>Supervisory positions:</p> <ul style="list-style-type: none"> • Food service supervisor (dining room, room service, minibars, etc.) • Lodging supervisor (reception, reservations, concierge, housekeeping, laundry, parking, customer service, etc.) • Purchasing or sales coordinator • Convention and Banquet Services Coordinator 	<p>University Programs in Restaurant and Hospitality Management</p>	<p>Between May 25 and September 11, 2026</p>	<p>635-675</p>	<p>17 to 20</p>	<p>Paid</p>
		<p>Fall, winter, summer according to student's choice</p>	<p>540</p>	<p>Max 20</p>	
		<p>Fall, winter, summer according to student's choice</p>	<p>400</p>	<p>10 to 20</p>	

1. Tourism - Entry-Level Positions

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
<p>Entry-level positions:</p> <ul style="list-style-type: none"> • Reception, information, or reservation agent • Customer Service Agent • Passenger agent • Guide • Convention center host • Recreational activities instructor • Tourism marketing, promotion, research or development agent • Tour and package organizer • Ticketing clerk • Telephone operator • Hotel receptionist • Tourism Sales Representative • On-board service attendant (train) • Concierge • Travel consultant 	<p>Technical Program in Tourism</p>	<p>Between May 25 and August 14, 2026</p>	<p>390</p>	<p>10 to 12</p>	<p>Paid</p>
		<p>Between May 25 and September 11, 2026</p>	<p>415</p>	<p>12 to 14</p>	

2. Tourism - Mid-Level Positions

Targeted positions	Field of study	Period of internship	Nb. of hours	Nb of weeks	Conditions
<p>Mid-level positions:</p> <ul style="list-style-type: none">• Junior coordinator (development of tourism products and services, communications and marketing activities, events, etc.)• Project Manager• Destination Sales and Development Consultant• Tour operator <p>Supervisory positions:</p> <ul style="list-style-type: none">• Operations or reception supervisor• Sales or purchasing coordinator• Human Resources Coordinator	<p>University Program in Restaurant and Hospitality Management</p>	<p>Between May 25 and September 11, 2026</p>	<p>635-675</p>	<p>17 to 20</p>	<p>Paid</p>

Other Sectors of Activity

University Program in Restaurant,
Hospitality Management

Between May 25 and
September 19, 2026

635-675 hours

17 to 20 weeks

Paid internship

Sectors

Examples of Positions

Seniors Residences

Receptionist, host, activity coordinator, customer satisfaction agent

Shopping Centers

Customer service coordinator, reception/information, event animator, on-site operations manager

Coworking Spaces

Member reception, internal event coordination, space management, operations assistant or manager

Cultural and Artistic Environments

Audience management, reception coordination, visitor experience, operations coordination assistant

Educational and University Settings

Student services manager, international reception, activity coordination

Banks and Financial Institutions

Branch receptionist, customer experience coordinator, liaison officer

Retail

Host, customer experience manager, reception advisor, sales coordination or management, operations coordination or management

Hospitals and Private Clinics

Patient coordinator, user experience