

# International Internships 2025-2026

Summary table

The logo for ITHQ is a dark blue graphic consisting of a central vertical bar and a wider horizontal bar below it. The letters 'I', 'T', 'H', and 'Q' are displayed in a light blue, bold, sans-serif font across the horizontal bar.

**ITHQ**

# Sectors of activity

## Restaurant Industry

- 1. Cuisine.....2
- 2. Service.....3
- 3. Bar.....4
- 4. Management-Level Positions.....5

Patisserie.....7

## Hotel Industry

- 1. Entry-Level Positions.....8
- 2. Mid-Level Positions.....9
- 3. Management-Level Positions.....10

## Tourism

- 1. Entry-Level Positions.....11
- 2. Mid-Level Positions.....12

Other sectors of activity.....13

Please note : as students will be outside their country, access to housing is necessary.

# 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"><li>• Kitchen assistant</li><li>• Line cook</li><li>• Commis chef</li><li>• Chef de partie</li></ul>	Professional Culinary Programs	May 25 to August 7, 2026	390	10	Paid
	Technical Program in Restaurant Management	Between May 25 and August 14, 2026	420	11 to 12	

## 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"><li>• Host</li><li>• Assistant server</li><li>• Server</li><li>• Assistant headwaiter</li><li>• Maître d'hôtel or chef de rang</li></ul>	Technical and University Programs in Restaurant and Hospitality Management	Between May 25 and August 14, 2026	390	10 to 12	Paid
		Fall, winter, summer according to student's choice	400 to 540	Max. 20	

### 3. Restaurant Industry - Bar\*

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"><li>• Bar and service attendant</li><li>• Bar clerk</li></ul>	<p>Technical Programs in Restaurant and Hospitality Management</p>	<p>Between May 25 and August 14, 2026</p>	<p>390</p>	<p>10 to 12</p>	<p>Paid</p>

\*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"> <li>• Assistant maître d'hôtel (restaurant, banquets)</li> <li>• Coordinator (restaurant, banquets)</li> <li>• Assistant manager (restaurant)</li> <li>• Bar and wine manager</li> <li>• Assistant supervisor (catering, food service, dining room, etc.)</li> </ul>	<p>University Programs in Restaurant and Hospitality Management</p>	<p>Fall, winter, summer according to student's choice</p>	<p>400 to 540</p>	<p>Max. 20</p>	<p>Paid</p>
		<p>Between May 25 and September 19, 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"> <li>• Food service supervisor (dining room, room service, minibars, etc.)</li> <li>• Purchasing or sales coordinator</li> <li>• Convention and Banquet Services Coordinator</li> </ul>	<p>University Programs in Restaurant and Hospitality Management</p>	<p>Between May 25 and September 19, 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>40</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"><li>• Bakery assistant or commis</li><li>• Pastry assistant or commis</li><li>• Apprentice chocolate maker</li><li>• Apprentice ice cream maker</li><li>• Restaurant pastry and bakery assistant</li><li>• Tourier</li><li>• Chocolate maker assistant</li><li>• Pastry decorator</li><li>• Entremétier</li><li>• Crémier</li><li>• Confectioner assistant</li></ul>	Professional Pâtisserie Program	Between May 25 and August 14, 2026	390	10	Paid

# 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"> <li>• Receptionist*</li> <li>• Reservations agent*</li> <li>• Hotel activities attendant*</li> <li>• Valet, baggage handler</li> <li>• Doorkeeper</li> <li>• Cashier</li> <li>• Waiter (banquet or dining room)</li> <li>• Buffet clerk or attendant</li> <li>• Room attendant</li> <li>• Telephone operator</li> <li>• Houseperson</li> </ul>	<p>Technical Programs in Hospitality Management</p>	<p>Between May 25 and August 14, 2026</p>	<p>420</p>	<p>11 to 12</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"> <li>• Concierge, customer service agent or customer experience agent</li> <li>• Day or night auditor</li> <li>• Team leader, trainer (accommodation, catering, banqueting, etc.)</li> <li>• Maître d'hôtel (restaurant, banquets)</li> <li>• Head of other departments (spa, golf, accounting, etc.)</li> </ul>	<p>University Programs in Restaurant and Hospitality Management</p>	<p>Fall, winter, summer according to student's choice</p>	<p>400 to 540</p>	<p>Max. 20</p>	<p>Paid</p>
		<p>Between May 4 and September 19, 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"> <li>• Food service supervisor (dining room, room service, minibars, etc.)</li> <li>• Lodging supervisor (reception, reservations, concierge, housekeeping, laundry, parking, customer service, etc.)</li> <li>• Purchasing or sales coordinator</li> <li>• Convention and Banquet Services Coordinator</li> </ul>	<p>University Programs in Restaurant and Hospitality Management</p>	<p>Between May 25 and September 19, 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"><li>• Reception, information, or reservation agent</li><li>• Customer Service Agent</li><li>• Passenger agent</li><li>• Guide</li><li>• Convention center host</li><li>• Recreational activities instructor</li><li>• Tourism marketing, promotion, research or development agent</li><li>• Tour and package organizer</li><li>• Ticketing clerk</li><li>• Telephone operator</li><li>• Hotel receptionist</li><li>• Tourism Sales Representative</li><li>• On-board service attendant (train)</li><li>• Concierge</li><li>• Travel consultant</li></ul>	Technical Program in Tourism	Between May 25 and August 14, 2026	390	10 to 12	Paid

## 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"><li>• Junior coordinator (development of tourism products and services, communications and marketing activities, events, etc.)</li><li>• Project Manager</li><li>• Destination Sales and Development Consultant</li><li>• Tour operator</li></ul> <p>Supervisory positions:</p> <ul style="list-style-type: none"><li>• Operations or reception supervisor</li><li>• Sales or purchasing coordinator</li><li>• Human Resources Coordinator</li></ul>	<p>University Program in Restaurant and Hospitality Management</p>	<p>Between May 25 and September 19, 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