



<https://www.internshipsca.com/job/espn-internships/>

## ESPN Internships 2026 New Application

### Description

ESPN offers exciting and enriching internship opportunities for individuals passionate about sports, media, and broadcasting. Our Internship Program provides an invaluable experience that can be your gateway to a dynamic career in the sports and media industry.

### Responsibilities

- **Hands-on Learning:** Work closely with industry professionals in various departments, such as production, programming, journalism, marketing, and technology. Gain practical experience and apply your academic knowledge to real-world situations.
- **Research and Analysis:** Conduct research, analysis, and data collection to support departmental projects. Develop a deep understanding of the sports media landscape.
- **Content Creation:** Collaborate on the creation of multimedia content, including articles, videos, graphics, and social media posts, contributing to ESPN's digital and broadcast platforms.
- **Production Assistance:** Assist with the production of live events, shows, and broadcasts. Get firsthand experience with the technical and creative aspects of television production.
- **Networking:** Connect with professionals across ESPN's diverse departments, participate in informational interviews, and attend networking events to expand your professional network.
- **Learning and Development:** Engage in various learning opportunities, including workshops, seminars, and mentoring sessions to enhance your skills and knowledge.
- **Teamwork:** Collaborate with a talented and diverse group of colleagues who are equally passionate about sports and media.

### Qualifications

- Enthusiasm for sports and a strong interest in a career in sports media.
- Currently enrolled in a college or university program, with a relevant major (e.g., communications, journalism, marketing, production).
- Excellent communication and teamwork skills.
- Eagerness to learn and adapt in a fast-paced, ever-evolving industry.
- Ability to work well under pressure and meet deadlines.
- Strong problem-solving and critical thinking skills.
- Availability to work the required hours during the internship period.

### Job Benefits

#### 1. Competitive Compensation:

- We offer competitive salaries to attract and retain top talent in the industry.

#### 2. Health and Wellness:

### Hiring organization

ESPN

### Employment Type

Intern

### Duration of employment

3 Months

### Industry

Broadcast Media Production and Distribution

### Job Location

Toronto, Ontario, Canada, 416,  
Toronto, Ontario, Canada

### Working Hours

09

### Date posted

April 2, 2026

### Valid through

16.10.2028

- Medical, dental, and vision insurance plans to keep you and your family healthy.
- Access to health and wellness programs, including gym memberships or wellness incentives.

### **3. Retirement Benefits:**

- 401(k) retirement savings plans with company match options to help you plan for your future.

### **4. Time Off:**

- Paid time off and paid holidays for a healthy work-life balance.
- Flexible work arrangements and remote work options, when available.

### **5. Professional Development:**

- Opportunities for continued learning and development, including access to training and educational resources.
- Mentorship programs to support your career growth.

### **6. Employee Assistance Program (EAP):**

- Confidential counseling and support services for employees and their families.

### **7. Employee Discounts:**

- Discounts on various products and services, including ESPN merchandise and entertainment options.

### **8. On-Site Amenities:**

- Access to on-site facilities and amenities, which may include fitness centers, recreational areas, and dining options.

### **9. Career Growth:**

- Opportunities for internal promotions and advancement within the company.
- Exposure to a wide range of roles and responsibilities through cross-departmental collaboration.

**10. Diversity and Inclusion:** – A diverse and inclusive workplace that values and respects all individuals, backgrounds, and perspectives.

## **Contacts**

### **1. Visit the ESPN Careers Website:**

- Start by visiting ESPN's official careers website. You can typically find the careers section on ESPN's main website or by performing a quick online search for "ESPN Careers."

### **2. Browse Available Internship Opportunities:**

- Explore the list of available internship positions. These positions are typically posted on the careers page and will include details about the internship program, specific roles, and locations.

### **3. Select the Internship Position of Interest:**

- Click on the internship position that aligns with your career goals and interests. Read the job description, requirements, and qualifications carefully to ensure it's a good fit for you.

### **4. Create an Account or Log In:**

- If it's your first time applying for a position at ESPN, you may need to create an account on their application portal. If you already have an account, log in to proceed.

### **5. Complete the Online Application:**

- Fill out the online application form. This typically includes providing your contact information, educational background, work experience, and other relevant details.

### **6. Upload Your Resume and Cover Letter:**

- Most internship applications will require you to upload your resume and a cover letter. Ensure your resume highlights your relevant skills, experiences, and academic achievements. Customize your cover letter to explain why you're interested in the specific internship role and what you can bring to the company.

### **7. Submit Your Application:**

- Once you've filled out the application and attached the necessary documents, review your application for accuracy and completeness. Then, submit your application.

### **8. Complete Any Additional Assessments:**

- Depending on the position, you may be required to complete additional assessments or tests as part of the application process. Follow the instructions provided.

### **9. Monitor Your Application Status:**

- After submitting your application, you can usually log in to your account to check the status of your application. ESPN may contact you for interviews or further information if your application is shortlisted.

### **10. Prepare for Interviews:**

- If you are selected for an interview, make sure to prepare thoroughly. Research ESPN, the specific role you applied for, and be ready to discuss your qualifications and experiences.

### **11. Follow Up:**

- After your interview(s), it's a good practice to send a thank-you email to your interviewers expressing your appreciation for the opportunity to interview.

### **12. Await a Job Offer:**

- If you are selected for the internship, ESPN will extend an offer, including details about the position, start date, and any other relevant information.

### **13. Accept the Offer:**

- Once you receive an offer, review it carefully, ask any questions you may have, and, if you're satisfied, formally accept the internship.