



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

## Suncor Internships Latest Opportunities 2026

### Description

Suncor offers dynamic internship opportunities for students seeking hands-on experience in the energy sector. As a Suncor intern, you will have the chance to work alongside industry experts, gaining valuable insights into various aspects of our business. Our internship programs are designed to provide a real-world learning experience, allowing you to apply your academic knowledge in a practical setting.

### Responsibilities

- **Project Support:** Contribute to ongoing projects and initiatives within your assigned department, providing valuable support to project teams.
- **Research and Analysis:** Conduct research and analysis on industry trends, market conditions, and other relevant factors to support informed decision-making.
- **Collaboration:** Work collaboratively with cross-functional teams, learning from and contributing to a diverse and dynamic work environment.
- **Learning and Development:** Participate in training sessions, workshops, and networking events to enhance your skills and broaden your understanding of the energy industry.
- **Innovation:** Bring fresh perspectives and innovative ideas to the table, contributing to Suncor's commitment to continuous improvement.
- **Documentation:** Maintain accurate and detailed records of work performed, ensuring effective knowledge transfer within the organization.

### Qualifications

- Currently enrolled in a relevant undergraduate or graduate program.
- Strong academic performance and a keen interest in the energy industry.
- Excellent communication and interpersonal skills.
- Proactive and self-motivated, with the ability to work independently and as part of a team.
- Analytical mindset and problem-solving skills.
- Adaptability and a willingness to take on new challenges.

### Job Benefits

1. **Learning and Development:**
  - Gain hands-on experience and practical skills in a real-world work environment.
  - Access to training programs, workshops, and mentorship to support your professional growth.
2. **Networking Opportunities:**
  - Connect with industry professionals, leaders, and fellow interns through networking events.
  - Build valuable relationships that may open doors for future career opportunities.
3. **Competitive Compensation:**
  - Receive a competitive stipend for the duration of your internship,

### Hiring organization

Suncor

### Employment Type

Intern

### Duration of employment

3 Months

### Industry

Oil and Gas

### Job Location

Calgary, Alberta, Canada, T2H,  
Calgary, Alberta, Canada

### Working Hours

09

### Date posted

April 13, 2026

### Valid through

15.01.2028

acknowledging your contribution and commitment.

**4. Health and Wellness:**

- Access to health and wellness programs to support your physical and mental well-being.
- Comprehensive health insurance coverage during the internship period.

**5. Work-Life Balance:**

- Flexible work hours and arrangements to promote a healthy work-life balance.
- Opportunities to participate in company-sponsored recreational and team-building activities.

**6. Exposure to Industry Challenges:**

- Contribute to real projects and initiatives, allowing you to apply academic knowledge to practical challenges.
- Exposure to cutting-edge technologies and industry trends.

**7. Career Development:**

- Gain insights into various career paths within the energy industry.
- Receive guidance on career planning and professional development.

**8. Company Culture:**

- Be part of a diverse and inclusive workplace that values collaboration and innovation.
- Engage in company-sponsored events and activities that foster a positive and dynamic culture.

**9. Feedback and Evaluation:**

- Regular feedback sessions to help you understand your strengths and areas for improvement.
- Performance evaluations to recognize and reward your contributions.

**10. Potential for Full-Time Employment:**

- Some interns may have the opportunity for full-time employment upon successful completion of the internship.
- Access to career resources and support for transitioning from internship to a full-time role.

**11. Community Engagement:**

- Opportunities to participate in community service and corporate social responsibility initiatives.
- Contribute to Suncor's commitment to making a positive impact on the communities it serves.

## Contacts

**1. Visit the Suncor Careers Page:**

- Go to the official Suncor Careers website. You can typically find this by searching "Suncor Careers" on a search engine or by visiting the main Suncor website.

**2. Explore Internship Opportunities:**

- Navigate to the "Internship" or "Student Opportunities" section on the careers page.
- Browse through the available internship positions to find the ones that align with your interests and qualifications.

**3. Create an Account:**

- If it's your first time applying, you may need to create an account on the Suncor Careers platform. This account will allow you to submit applications and track their status.

**4. Complete Your Profile:**

- Fill out your profile with accurate and up-to-date information,

including your education, work experience, and contact details.

**5. Upload Your Resume and Cover Letter:**

- Prepare a professional resume and cover letter that highlights your skills, experiences, and interest in the specific internship role.
- Upload your resume and cover letter to your Suncor Careers profile.

**6. Submit Your Application:**

- Once you've selected the internship position you're interested in, follow the prompts to submit your application through the online application system.
- Ensure that you provide all required information and documents.

**7. Monitor Your Application Status:**

- After submitting your application, you can log in to your account to monitor the status of your application.
- Check for any updates or additional steps that may be required.

**8. Follow Up:**

- If there is a specific contact person or email address provided in the job posting, consider following up to express your continued interest and inquire about the status of your application.