



<https://internshipca.online/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

August 11, 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.