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Rand Mutual Assurance (RMA) Internships Programme (2026 / 2027)

Description

Rand Mutual Assurance offers internship opportunities for enthusiastic individuals eager to gain practical experience and insights into the insurance sector. As an intern, you will have the chance to work alongside experienced professionals, contributing to meaningful projects and developing valuable skills relevant to your field of study.

Responsibilities

- Collaborate with team members on various projects and assignments within the designated department.
- Assist in conducting research, data analysis, and preparing reports as required.
- Support day-to-day operations by performing administrative tasks and contributing to departmental initiatives.
- Participate in meetings, workshops, and training sessions to enhance skills and understanding of the insurance industry.
- Engage in learning opportunities to gain exposure to different facets of the insurance business.

Qualifications

- Current enrollment in a relevant Bachelor's or Master's degree program.
- Strong academic background and a genuine interest in the insurance or financial services industry.
- Excellent communication, analytical, and problem-solving skills.
- Proficiency in MS Office suite (Word, Excel, PowerPoint, etc.).
- Ability to work collaboratively in a team environment and adapt to new challenges.

Job Benefits

- Hands-on experience in a professional work setting within the insurance industry.
- Mentorship and guidance from industry experts.
- Exposure to various aspects of insurance operations and business functions.
- Potential networking opportunities with professionals in the field.

Contacts

1. **Prepare Your Application Documents:** Craft a detailed resume or curriculum vitae (CV) that outlines your educational background, relevant skills, experiences, and achievements. Additionally, write a cover letter expressing your interest in the internship, explaining why you're a suitable candidate, and specifying your preferred department or area of interest within Rand Mutual Assurance.

Hiring organization

Rand Mutual Assurance

Employment Type

Intern

Duration of employment

3 Months

Industry

Insurance

Job Location

Johannesburg, Gauteng, South Africa, 2000, Johannesburg, Gauteng, South Africa

Working Hours

09

Date posted

May 3, 2026

Valid through

14.02.2028

2. **Review Application Requirements:** Ensure that your application materials meet the stated requirements mentioned in the job description. Double-check that your documents are tailored to highlight your strengths and align with the internship's expectations.
3. **Submit Your Application:** Send your application materials via email to the designated contact provided in the job description. Use a clear and concise subject line, such as "Internship Application – [Your Name]," to make it easier for the recruiters to identify your application among others.
4. **Follow Up:** After submitting your application, consider sending a follow-up email or message within a reasonable timeframe (typically a week or two) to express your continued interest in the internship position. This can demonstrate your enthusiasm and proactive approach.
5. **Prepare for Potential Interviews:** If shortlisted, be prepared for potential interviews. Research Rand Mutual Assurance, review common interview questions, and be ready to discuss your skills, experiences, and how they relate to the internship role.
6. **Attend Interviews if Invited:** If selected for an interview, make sure to attend on time, dress professionally, and communicate confidently about your qualifications and interest in the internship.