

Master in Energy Science and Technology

MEST Internship Q&A




MEST Studies

120 ECTS – typically 4-5 semesters full time

Credits

A choice of Compulsory Courses	23 (minimum)
Elective Courses	
Total Compulsory and Elective	64 (minimum)
Humanities and Social Sciences Science in Perspective (D-GESS)	2
Semester project	12
Industrial Internship	12
Master Thesis	30
Total	120

Why we're
here today!



"Studienreglement" Master in Energy Science
and Technology → Art. 18.4 & Art. 29 !!!

www.rechtssammlung.sp.ethz.ch/Dokumente/324.1.0350.21.pdf



Hard Facts - Duration and Timing:

- Duration of a MEST Internship is min. 12 weeks (full time) – but industry partners often only offer internships that last longer than 3 months.
- Part-time (e.g. 80% 15 weeks) is also possible up to a certain percentage. However, the duration must be adjusted accordingly and should preferably be done in one go.
- The internship cannot/should not be combined with classes.
 - enter an “[Leave of Absence](#)” semester in myStudies, this reduces the semester fees to the compulsory fees summing up to CHF 74.00, but you retain all student benefits (e.g. ASVZ)
 - If you attend Courses: CHF 60.00 will be charged for every **course hour** attended during the semester (see “Hours” in the Course Catalogue). Exams can be taken, but a small fee must be paid.
- Complete it as early as possible as it must be credited in myStudies before commencing the Master’s Thesis!

What Criteria must a suitable Internship fulfil?

- The internship can take place either within Switzerland or abroad.
- It is an industry internship and should therefore be conducted in industrial settings, not in research institutions.
- Internships in research institutions (e.g. Max Planck Institute, EMPA) are generally not approved.
 - According to the study regulations, exceptions may be made, on the approval of the director of studies. However, the likelihood of approval is very low – any inquiries regarding this should be directed to the teaching@esc.ethz.ch beforehand.
 - A research department at an industrial partner is an exception here.
- Internships in governmental organisations (e.g. the Swiss Federal Office of Energy – BFE) are generally accepted if they are related to the energy sector.

Where to look and who to ask for Internships?!

- Websites from interesting industry partners and job search platforms
- MEST website: www.master-energy.ethz.ch/studies/internship.html
- MEST LinkedIn: www.linkedin.com/showcase/master-energy-science-and-technology/
- ITET Notice board: www.ee.ethz.ch/studies/notice-board.html
- Tutor, Case Study Industry Partners
- MEST Alumnis and other MESTies
- Polymesse (ETH Job Fair in April) & AMIV Kontakt Jobmesse
- Proactive contacting relevant industry partners
- ...

It is up to you to organise an internship and it's typically wise to choose the company carefully as a preparation for possible career opportunities.

Internships must be approved by ETH MEST **beforehand** to the start!
Submit a short description and the duration of the planned internship.

→ teaching@esc.ethz.ch ←

Internship for Non-EU/EFTA Students

- Since the MEST internship is a mandatory part of the programme, special regulations apply, making it easier for industry partners to hire non-EU/EFTA students.
- ETH will provide a document which should be include in your application materials.
- Non-EU/EFTA students are kindly requested to contact the D-ITET Student Administration during the application phase for this document.
 - info@ee.ethz.ch
 - D-ITET ETZ H 85 (Mon, Tue &Thu)

Industrial Internship & Master Thesis

Is it possible to combine the industrial internship and the master thesis, if the master thesis is executed in a company?

- No, an industrial internship is a (typically paid) work at an industry where you should get a feeling of 'real world' work in the field.
- The master thesis, however, needs to be a scientific work and is not paid. It can be done with an industrial partner, but this needs to be discussed and agreed upon with your tutor. ETH generally, recommend writing the Master's thesis at ETH, as it is a scientific thesis and must be of a certain quality.

Completion of the Internship

- Send the following two documents to the D-ITET [Student Office](#) for your internship to be credited.
 1. official confirmation (certificate of work) from the employer stating:
 - the nature of the work
 - the duration
 - final assessment of your performance
 2. a short (1-2-page A4) report by you about your experience with the company during the internship.

Before you ask questions per e-mail, please read the information on the webpage regarding internships!

→ www.master-energy.ethz.ch/studies/internship.html



So, What Makes a
Standout Internship
Application?



Key Tips for Internship Applications 1/2

- CV (Curriculum Vitae)
 - Tailor to the role: Highlight relevant skills and experiences.
 - Keep it concise: Max. 1–2 pages, clear structure, no typos.
 - Quantify achievements e.g. languages (C1, A2,....)
- Cover Letter
 - Personalise: Address to the right person, reference the company/role. Avoid generic letters!!!
 - Show enthusiasm: Explain why you're a great fit.
 - Be concise: not much longer than 1 page, clear structure (Intro, Skills/Experiences, Conclusion).
 - Balance Confidence and Humility

Key Tips for Internship Applications 2/2

- Interview Preparation
 - Research: Understand the company and role requirements.
 - Practice answers to common questions (e.g. Tell me about yourself, Why do you want this role?, What are your strengths and weaknesses?...)
 - Be professional: Dress appropriately, arrive 10-15 minutes early, and ask insightful questions about the role or company to demonstrate interest.
- General Tips
 - Follow instructions: Stay to application guidelines.
 - Proofread everything: CV, letter, and emails.
 - Update your LinkedIn account
 - Follow up: Send a thank-you email after interviews and confirm again your interest.
 - If you are really interested: apply even if you feel you don't meet 100% of the criteria.



Insights from MESTies:

Internship Experiences and Advice

Insights from MESTies: Internship Experiences and Advice

- **Networking**

- Use the MEST Network (e.g., WhatsApp, LinkedIn).
- The Poly Messe is an excellent starting point for your internship search – make the most of it!
- Use the case studies as opportunities to connect with industry partners – not just your own groupe partner but also those of other teams.

- **Industry Expectations**

- Industry partners know students are closer to academia than to the „real work life“ and may lack work experience, but they also appreciate this closeness to academia.
- Often, team fit is just as important as academic qualifications.

Insights from MESTies: Internship Experiences and Advice

- **Application Tips**

 - Cover Letter:**

 - Highlight why you are a great fit for the job and keep it brief. The same applies to the CV.
 - Mention e.g. your semester project (be prepared to discuss it) and/or relevant courses.

 - Hobbies:**

 - Including hobbies can break the ice but only add relevant ones – don't write something just to fill space.

- **Timing & Duration**

 - Plan to apply about 3–4 months before you want to start your internship.
 - Internships can often lead to job opportunities afterward.
 - Many industry partners offer internships longer than 3 months, which is beneficial as it takes time to settle into the role.
 - Flexibility with duration is often appreciated, and some companies prefer candidates who can extend beyond the in Switzerland usual 6 months.



Good luck with your application!

