



*Tuesday Tips* is an outreach effort by OGCA. The idea behind *Tuesday Tips* is to convey tips, tricks and other helpful information around the area of research administration. Our goal is to post on (almost every) Tuesdays. If there is something you would like to see covered on *Tuesday Tips*, email: [UAF-GCReATE@alaska.edu](mailto:UAF-GCReATE@alaska.edu). For more Tips visit [OGCA website](#).

## Fellowships vs. Internships

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An internship can basically be thought of as an opportunity to gain experience working for a company or organization that otherwise only hires more advanced professionals. Sometimes internships are “trial periods” for students seeking jobs in the company after college, and sometimes they are completed as part of a degree or training program requirement. Fellowships, on the other hand, carry a more academic or scholarly undertone.

Fellowships typically involve less day-to-day structure and emphasize the completion of some sort of project that will help participants succeed in their respective fields.

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cover letter about why you want the position and why you are qualified for it, and you may have to provide contact information for professional references. For many fellowships, because of the nature of the experience, applicants must write at length about specific research or projects that they will use the fellowship time and funding to complete.

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In most cases, fellowships carry fixed-amount stipends, rather than hourly wages. This is partially due to the decreased day-to-day structure of most fellowships - many fellowships do not require fellows to log a certain number of hours or clock in or out when they are working on their projects. Fellows are typically more independent and working on projects at an advanced level; whereas interns are typically assisting with entry-level operational and administrative tasks.

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This key difference is likely related to the fact that many fellowships are reserved for post-college students or professionals, but nonetheless: fellowships are a lot less likely to come with course credit payments or no payments at all. This is important to keep in mind when choosing internships; while the experience may very well be worth working for free all summer, doing so is not feasible for everyone. On the other hand, working for credit may be appealing to students who are hoping to graduate early.

Definition	Description	Typical recipients
Focus	Focuses on developing a student by offering them to study in a specific field with a range of activities like research, graduate studies etc....	Provided to students or trainees interested in exploring and gaining more work experience in a particular area of expertise
Eligibility	Meant for graduate or post graduate students willing to excel in any discipline of their choice	Usually for students in their final year or fresh graduates
Duration	A fellowship can go for between a few months up to a year or a short period	Last between several weeks to a month(s)
Compensation	Most are paid in terms of a stipend or an allowance	Can be paid or unpaid depending on the type of industry.

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