

step up



Earn while you learn

Develop professional skills

Be career confident

Explore career paths

Step Up isn't just an internship program - it's your launchpad to a bright future!

You'll discover your passions, gain real-world skills and meet professionals who can help you level up. Whether you're figuring out your path or ready to take on new challenges, Step Up has your back. Your journey starts here. Join Step Up and make your future happen!

Level 1 interns (age 14-15) earn \$13.75 per hour
Level 2 interns (age 16-21) earn at least \$16.50 per hour

Apply online at StepUpMpls.org from
January 2 to February 14, 2025

Build Skills + Earn Money with Step Up



PROJECT FOR PRIDE IN LIVING

CareerForce
It's your state of success

This summer, Step Up is offering paid internships with many great employers in the Twin Cities!

To participate you must:

- Have a home address in the city of Minneapolis
- Be 14-21 years old by June 23, 2025
- Be eligible to work in the U.S. by June 23, 2025
- Not be currently enrolled in college (PSEO is okay)

AND one of the following must apply:

- Meet family income guidelines
- Be a student with a disability
- Have an IEP or 504 plan
- Be an English Language Learner
- Be pregnant or parenting
- Be experiencing homelessness or high mobility
- Be involved in the foster care system
- Have been involved in the justice system

Don't delay - apply today!

Step Up application
deadline is
Friday, February 14, 2025

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2



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StepUpMpls.org
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to Feb. 14, 2025**

Look for your acceptance email, next steps and training information by Feb. 20.

**Complete Work
Readiness Training**

You must complete training to be eligible for a paid Step Up experience. The first part of training is online, followed by in-person events.

**Connect to a paid
summer experience**

Step Up will match you with an internship based on your interests, skills and availability. Youth not matched to an internship are invited to join the paid online Career Exploration Program.

Connect with us

stepupinfo@minneapolismn.gov
Text: 612-999-2772 Call: 612-455-1541

