



Helsinki Internship Programme 2026 | SEB, Helsinki

Helsinki

Corporate & Investment Banking – Chief Operating Officer Office /

Internship & Graduate Programmes / Hybrid

At SEB, we believe in fresh thinking, new working methods, and innovation to create a fairer and more sustainable world. Our various programmes for university students and recent graduates are excellent gateways for you to start an exciting career in finance. Regardless of your experience, we'll help you develop new skills and take on more responsibility to create a positive impact. Welcome to SEB and your future career!

We are now looking for interns to take part in our Helsinki Internship Programme during spring or autumn 2026. You will get a unique opportunity to learn about banking and gain a thorough understanding of SEB's business in Finland and abroad. We will welcome you to our warm company culture where you will be able to build an amazing experience for yourself while being supported by our professionals.

About the role

We have six positions available within the Corporate and Investment Banking division. The interns will be based on Financial Strategy, Institutional Coverage, Real Estate Coverage, Project & Infrastructure Finance and Equity Research teams. We will match you to one of the teams based on your background and interests.

Financial Strategy - In this position you will be able to develop yourself as a member of our leading advisory team, working intensely on projects for our large corporate customers. You

will have an opportunity to learn the fundamentals of banking and corporate analysis by participating in strategic advisory projects for our corporate clients on financing and capital structuring during corporate events such as M&A, large investments or capital raising as well as sector specific insights and sustainability as part of corporate strategy. You have a curious mind, you love an intellectual challenge and want to work with and for the team. We will let you in on the secrets of banking while you bring the optimistic attitude and positive personality. We are looking for an intern for spring and autumn 2026.

Institutional Coverage - In this position you will have the opportunity to learn how we work with our institutional clients, experience how we advise our clients on new business opportunities and understand how the financial markets work. You will be part of a team responsible for SEB's overall client relationships with the largest financial institutions in Finland, including pension, insurance and asset management companies, as well as banks. You will get a good understanding of the financial industry in Finland, the key players, and their business models. Your daily work might include e.g. industry analysis and research work for various projects. You are proactive and keen to learn about financial institutions, markets, and banking business in general. Having strong analytical and social skills, as well as a drive to build a network and develop yourself will make you successful in this role. We are looking for an intern for either spring or autumn 2026.

Real Estate Coverage - SEB's Real Estate Coverage team in Helsinki serves top local and international real estate investors. We collaborate with colleagues across the Nordics and Germany, providing comprehensive banking services including e.g. financing, corporate finance, and hedging solutions. As an intern, your daily tasks could include analyzing client data, evaluating creditworthiness, preparing ad-hoc assignments, and helping to build financial models. Additionally, you'll contribute to sustainability efforts and work with other SEB advisory teams. In this position you will gain experience in real estate finance and develop your analytical skills. You are well-organized and possess both communication and analytical skills. We are looking for an intern for either spring or autumn 2026.

Project & Infrastructure Finance - Project & Infrastructure Finance unit specializes in arranging financing for Financial Sponsors, Financial Institutions and Corporates in capital intensive industries such as energy, infrastructure, telecom and transportation. We are a team of 40 employees located in Sweden, Finland, Norway, Denmark, Germany and the UK. We support our clients across all SEB's core markets, and we are a market leader within project and infrastructure acquisition finance in the Nordics. You will be part of an international team and

work with complex debt financing structures, and explore how renewable energy projects are financed. You will also support with financial models and client materials, and learn how different financing structures are applied in practice. We are looking for a curious and driven person with an interest in renewable energy, infrastructure and finance. We are looking for an intern for autumn 2026.

Equity Research – In this position you are embedded within our seven-strong research team and work closely with analysts in their day-to-day work. While the role varies, depending on prevailing capital market activities, it can include processing and analysing company data, performing industry deep dives, and preparing research material. You have an analytical mindset and an ability to provide innovative insights. Our mission is to help our customers, institutional investors, make good investment decisions. We collaborate with several departments within SEB, thereby providing you with a broad and holistic understanding of banking. Having a curious mind, a can-do attitude, and a strong interest in financial markets will make you successful in this role. We are looking for an intern for either spring or autumn 2026.

To thrive in this role, we believe you have

- Genuine interest in the financial markets and eagerness to learn
- Ability to prioritize tasks and to work with individual projects
- Excellent communication and networking skills
- Good analytical skills and strong skills in Microsoft Excel and PowerPoint
- Fluency in English, Finnish is seen as an advantage

The programme is targeted for university students (approx. 2nd- 4th year) from various backgrounds who have the potential, passion, and desire to become future talents within SEB. Learn more about the programme: <https://seb.fi/tietoa-sebsta/ura/internship-ja-trainee-ohjelmat/helsinki-internship-ohjelma>

What we offer

- International opportunities and working environment
- Friendly and welcoming culture
- Encouraging work-life balance

- Extensive training and learning opportunities

We are 300 colleagues in Finland, working at our activity-based office in the centre of Helsinki. Our office is designed for us – to support good collaboration and wellbeing at work. We are proud of our high engagement and job satisfaction. At SEB you can combine the opportunities of an international organisation with the responsibility, flexibility and variety of tasks enabled by our relatively small and thus agile teams in Helsinki.

Do you want to be part of SEB?

It is our fundamental belief that inclusion and diversity is crucial for our future success. We strive to have an inclusive, value-driven culture where employees feel valued, respected, and involved irrespective of who they are, what they believe or where they come from.

Please submit your application documents via our webpage www.seb.fi/tietoa-sebsta/ura/avoimet-tyopaikat by September 14th at the latest. Make sure your application documents include 1) your CV, 2) a short cover letter and 3) your latest transcript of study records.

All candidates will be invited to complete logical reasoning and personality assessments to support a fair and inclusive evaluation. Selected candidates will be invited for interviews, which will take place in late September. For top selected candidates the recruitment process will include an all-day recruitment day called SEB Recruitment Day on 3rd of October 2025. In case you have any questions about the recruitment process, please contact HR Specialist Anne Tervala anne.tervala@seb.fi.

Please be aware that our final candidate undergoes a background check, a process that might include for example identity control, verification of qualifications, credit check, company engagements and a drug check.

Learn more about working at SEB on our Career website or through our Career podcasts.

<https://seb.fi/tietoa-sebsta/ura>

<https://bit.ly/SEBcareer>

[SEB Home Page](#)

Jobs powered by  **LEVER**