



<https://internforza.online/job/rcl-foods-graduate-internships/>

RCL Foods Graduate Internships In South Africa 2025 – Latest Hiring

Description

Are you a game-changing graduate ready to ignite your purpose, unleash your potential, and shape your future? RCL Foods invites dynamic, innovative, and driven young South Africans to apply for the Graduate Internship Programme 2025 – a career-accelerating opportunity designed to *Grow What Matters*.

RCL Foods' Accelerated Development Programme offers the perfect blend of technical skills training and soft skills development. It's more than just a job – it's a transformative journey crafted to equip graduates with the leadership, critical thinking, and innovation skills required to thrive in a fast-paced industry.

What's in it for You?

- Structured career development path with real impact
- Mentorship and coaching from experienced professionals
- Hands-on experience in a leading South African FMCG company
- Exposure to innovative projects that drive business transformation
- A culture of purpose-driven work and continuous learning

Available Graduate Internship Opportunities

Explore a variety of specialization areas and choose the path that suits your skills and academic background:

1. Customer: Trainee Programme

Degree/Honours in: Marketing, Data Science, Economics, Management, Finance, Accounting

[Apply Now](#)

2. Chemical Engineering: Trainee Programme

Degree/Honours in: Chemical Engineering

[Apply Now](#)

3. Electrical Engineering: Trainee Programme

Degree/Honours in: Electrical Engineering

[Apply Now](#)

4. Mechanical Engineering: Trainee Programme

Degree/Honours in: Mechanical Engineering

[Apply Now](#)

5. Human Resources: Trainee Programme

Hiring organization

RCL Foods

Employment Type

Intern

Duration of employment

12-months

Industry

Food and Beverage Manufacturing

Job Location

South Africa

Working Hours

09

Date posted

June 19, 2025

Valid through

19.06.2029

Degree/Honours in: Human Resources, Industrial Psychology, Social Science
[Apply Now](#)

6. Commercial (CIMA): Trainee Programme

Degree/Honours in: Management Accounting, Accounting
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7. Industrial Engineering: Trainee Programme

Degree/Honours in: Industrial Engineering
[Apply Now](#)

8. SHERQ: Trainee Programme

Degree/Honours in: Biochemistry, Environmental Health, Biotechnology, Environmental Management, Consumer Science
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9. Instrumentation Engineering: Trainee Programme

Degree/Honours in: Electrical Engineering
[Apply Now](#)

10. Electromechanical Engineering: Trainee Programme

Degree/Honours in: Electromechanical Engineering, Engineering and Technology
[Apply Now](#)

11. Supply Chain (Logistics): Trainee Programme

Degree/Honours in: Supply Chain Management, Management Sciences, Logistics Management, Transport Economics
[Apply Now](#)

12. Research & Development: Trainee Programme

Degree/Honours in: Food Science
[Apply Now](#)

13. Irrigation Engineering: Trainee Programme

Degree/Honours in: Agricultural Engineering, Agriculture
[Apply Now](#)

14. Supply Chain (Industrial Engineering): Trainee Programme

Degree/Honours in: Industrial Engineering
[Apply Now](#)

Minimum Requirements

- South African citizenship
- Completed or final year of a relevant Degree/Honours qualification (as listed per programme)
- Strong academic record and passion for the FMCG industry
- Willingness to learn, grow, and challenge the status quo

How to Apply

Applications must be submitted online via the respective links listed under each programme.

Deadline to Apply: 30 June 2025

[Explore all graduate positions at RCL Foods](#)

Why Join RCL Foods?

RCL Foods is a proud South African company committed to sustainable development, transformation, and growing a workforce that reflects the nation. If you're ready to thrive in a culture of innovation, collaboration, and purpose — this is your opportunity!