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RGA Reinsurance Internships 2025/2026 – Johannesburg & Cape Town

Description

Are you a motivated and reliable student looking to gain hands-on experience in a professional environment? RGA Reinsurance, a global leader in life and health reinsurance, is inviting students in South Africa to apply for its Student Internship Programme 2025 / 2026. This opportunity is perfect for students seeking to develop practical skills while balancing their academic responsibilities.

As an intern at RGA Reinsurance, you will become part of a dynamic and inclusive team that values innovation, collaboration, and professional growth. The programme is designed to help students gain real-world experience, develop core business competencies, and explore potential career paths within the reinsurance and financial services industry.

Key Responsibilities

As a Student Intern, you will:

- Assist with general administrative tasks such as data entry, filing, and document preparation
- Provide customer service support via email, phone, or in-person
- Help maintain organized records and office supplies
- Support the team with special projects and internal events
- Perform ad hoc duties as required to support the department's daily operations

Minimum Requirements & Qualifications

To be considered for this internship, you should:

- Be a current student pursuing a relevant qualification
- Have strong communication and organizational skills
- Be able to work independently and manage time efficiently
- Demonstrate proficiency in Microsoft Office tools
- Show a positive, proactive attitude and willingness to learn

What You'll Gain at RGA

- Professional exposure in a leading international reinsurance company
- Mentorship and guidance from experienced, diverse professionals
- A respectful and inclusive workplace that values individuality and innovation
- Opportunity to build transferable skills and explore long-term career opportunities
- A chance to connect with the bright and creative minds of RGA across global offices

Internship Locations & How to Apply

Hiring organization
RGA Reinsurance

Employment Type
Intern

Duration of employment
12-months

Industry
Insurance

Job Location
South Africa

Working Hours
09

Date posted
June 29, 2025

Valid through
29.06.2029

Johannesburg

[Apply Online for the Johannesburg Internship](#)

Cape Town

[Apply Online for the Cape Town Internship](#)

Similar Opportunities:

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- [FNB Graduate Internships 2025](#)
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