



NFL PLAYERS
ASSOCIATION

NFLPA Externship FAQ

I submitted my application. Now what?

- One of our Player Affairs staff will reach out to you to set up an initial phone screening to talk further about the details of the externships you have selected and to further discuss your career goals and interest. Usually this will happen within one week of your initial application.

How are selections made?

- Partners are responsible for selecting externs through an interviewing process. If opportunities are still available and the initial phone screening with NFLPA staff goes well, we will forward your application on to our partners. From there, the partners will reach out to you separately to schedule either a phone or video interview.

How can I prepare for my interview(s)?

- We have partnered with [AthLife](#) to provide training resources for you as you prepare to interview. Once you have passed the initial screening phase, you will receive a username and password from AthLife to access the training materials, including a module specifically on interview prep. One-on-one sessions are also available to work through additional interview preparation, networking guidance, and resume/LinkedIn development.

What will the day-to-day schedule look like?

- Day-to-day schedules are at the discretion of your partner and the structure of the experience. Partners have been asked to take into consideration your training and/or rehab needs as they build out your work schedule. You will receive your work schedule either shortly before arriving to your partner's location or on your first day on the job.

What should I do about training and/or rehabbing an injury?

- In some cases, your partner may have a training facility either on site or close by. Feel free to discuss this with NFLPA Staff and your prospective partner during the interview process. As you are considering this opportunity, we encourage you to discuss training/rehab needs with your team's trainer and/or your agent to ensure the resources you need will be in place during your experience. Many players have successfully completed this program in the past while still being able to maintain their training/rehab regimen.

Are costs covered for all opportunities?

- In most cases, yes. However, some opportunities will prioritize local candidates or those willing to cover their own travel and lodging expenses. Experiences with this arrangement will be noted in the description.

When applicable, what kind of housing is provided?

- The following types of housing have been provided: Fully furnished apartments (corporate housing), hotel rooms (including kitchens), and Airbnb. The type of housing will vary based on the experience. In some cases, you may be placed in a 2-bedroom, 2-bathroom unit to share with another extern.
- In some cases, you may be asked to book your own Airbnb and submit for reimbursement upon arriving for the experience.
- If you wish to decline the type of housing provided or will be bringing additional guests, you will be responsible to secure your own housing and cover the difference in cost compared to the original type of housing provided.

When applicable, how is travel covered?

- Roundtrip coach airfare will be provided, if needed. Any upgrades or fees incurred by flight changes will come at your own expense.
- If you plan to drive a personal vehicle to your partner's location, personal mileage at the rate of 58 cents per mile will be provided.



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Will I get paid as an extern?

- This program is an **unpaid** internship opportunity. While in most cases, the major expenses (travel, lodging, and ground transportation) are covered, partners are not required, nor expected, to compensate their externs.

What expenses are NEVER covered in this program?

- Incidentals like meals, flight upgrades or ticket changes
- Any potential training expenses (gym fees/membership) etc. *(In some cases, partners may be able to provide access to training facilities).*
- Commuting expenses (tolls, gas, parking, etc.)

How will I get to/from my externship each day?

- Best efforts will be made to secure housing that is near your partner's location. Each partner's location is different and will require different planning that will again be discussed during the interviewing/selection process.

Can I bring my family with me?

- Yes. However, all associated costs will be your responsibility. See above for the notes regarding housing in the event you choose not to stay in the housing provided.

What is the dress code?

- For the most part, "Business Casual" will be the dress code for this program. [Take a look at this article](#) for some examples of what that should look like. It is also a good idea to bring at least one suit with you just in case. Your partner will share the exact information about their dress code expectations prior to your arrival, so you will have plenty of time to prepare and pack the right items.

Can I wait until closer to the January deadline to apply?

- Yes, but keep in mind that most opportunities will be filled by that point. We encourage partners to select candidates as referrals are made.

What if I don't get selected?

- This program is increasingly competitive each year so unfortunately not all players who apply will get selected. With that in mind, we have worked with [AthLife](#) to provide resources to help guide your off-season professional development planning whether you get selected into the program or not. Content has also been created for overall career development fundamentals and off-season planning as it relates to crafting your own externship and job shadow experiences.
- Discuss potential opportunities in your team city and/or NFL Player Engagement's programming (boot camps) with your Director of Player Engagement.
- Reconnect with your college's career center to plug into alumni networks and learn of additional opportunities that might be available for you to gain additional experience.