



EXTERNSHIP FAQs

Will this program still be taking place in light of COVID-19?

- Yes, the program will still take place. We have worked with partners to secure virtual opportunities all of which are listed on nflpa.com/externship. While this will certainly be a different format than we have provided in the past, we are confident that if selected, you will receive a beneficial experience and make valuable connections. Numerous career paths and industries are progressively becoming more virtual/remote in nature, so having this type of experience on your resume, we believe, will prove very helpful for your future pursuits.

I submitted my application. Now what?

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

How are selections made? How will I know if I get selected?

- Partners are responsible for selecting externs through a standard interviewing process. If opportunities are still available and the initial phone/video screening with NFLPA staff goes well, we will forward your application on to the pertinent partners. From there, the partners will reach out to you separately to schedule either a phone or video interview.
- Partners are expected to reach out and confirm your placement when they conclude their interview process. In some cases, partners may elect to do so quickly after your interview or in other cases, may wait until the application deadline before making their final decision. The NFLPA will be notified by partners as well and will send additional confirmation details to you via text and/or email.

Can I wait until closer to the January application 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 throughout the entire application period.

How can I prepare for my interview(s)?

- We have partnered with [AthLife](https://athlife.com) to provide training resources for you as you prepare to interview. Once you have passed the initial screening phase, you will have a [Game Plan](https://gameplan.com) account created where you can access online modules on a variety of professional development topics, 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.

When exactly will my experience take place?

- While the NFLPA provides a program window of dates, specific dates per experience are listed within each partner's description on nflpa.com/externship. In some cases, partners are flexible with dates and can work with you to find a period during your off-season that will work for both parties; in some cases, these dates may be outside of the program window which is okay.

How can I prepare for my experience?

- In addition to connecting with an AthLife Advisor, we again suggest accessing the professional development online modules through your [Game Plan](https://gameplan.com) account. We also strongly recommend taking the Next Play Pro assessment that will help you identify the areas of the athletic experience you are most drawn to in order to help



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you identify related career path options.

- Finally, continue to do research on your partner and don't hesitate to reach out to your partner's point of contact to ensure you receive any onboarding materials and/or recommended resources they might have to review before your first day on the job.

Will I need to use my own device?

- Yes, you will need to use your own laptop, tablet, etc. for this experience. In some cases, partners may be prepared to send equipment but that will be unlikely given the short-term nature of these opportunities. If you are unable to use your own device, please let the NFLPA know during the application and screening process.

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 the experience begins or on your first day on the job.

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

- While you will still be at home, we do recommend notifying your partner of your training/rehab plans in order to create a schedule that allows for you to still accomplish what you need to on both fronts.
- When opportunities are taking place in person, partners 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?

- There are no expenses associated with a remote experience. When in person, a majority of opportunities are provided at no cost. 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.

Will I get paid as an extern?

- This program is an **unpaid** externship 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 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. For remote experiences, we recommend sticking with a business casual approach, doing your best to avoid t-shirts, hoodies, active wear, etc. (unless otherwise permitted by your partner).



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What if I don't get selected?

- This program is increasingly competitive each year so unfortunately not all applicants may get selected. With that in mind, we have worked with [AthLife](#) to provide resources to help guide your offseason professional development planning whether or not you get selected. Content has also been created for overall career development fundamentals and offseason 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 explore additional opportunities that might be available for you to gain relevant experience.

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 57.5 cents per mile will be provided.

When applicable, 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.)

When applicable, how will I get to/from my externship each day?

- When in person, 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.

When applicable, 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.