



# Advancing San Diego & the K-16 Collaborative

## Giveaway: Day in the Life of San Diego Interns

As you continue doing amazing work at your summer internship, we want to experience it through your lens. **Create and post a short “Day in the Life of an Intern” vertical video by August 29, 2025 for a chance to win tickets to one of San Diego’s top experiences**, including a Padres game, the San Diego Zoo, a San Diego Wave game, Seaworld, and a San Diego FC game.

### HOW TO PARTICIPATE:

1. **Create a short vertical video (45 seconds to one minute)** taking us through your day as an intern at your company.
  - **Your video should include:** Your first name, role (e.g. Marketing Intern), company, and details on your day, such as a tour of your workspace or desk, active projects, team interactions, or your favorite part of the day.
  - **Ensure your content is professional**—while you are welcome to use any form of filming and editing that aligns with your style, this is an opportunity to elevate your professional brand in San Diego.
2. **Post the video to your personal LinkedIn account**, including a short caption summarizing your experience. Tag [San Diego Regional Economic Development Corporation](#) and include #advancingSD.
  - Make sure you have your supervisor’s approval to post the video and to tag your employer.
3. **Complete this [google form](#) by August 29 to officially enter the giveaway.**
  - The winner will be contacted via email, so please ensure you are providing an email address you check frequently.
4. **For an *additional entry*, post the video as a reel to your personal Instagram account.**
  - Tag [@sdlifechanging](#) and include #advancingSD in your caption.
  - Make sure your account is public, so we can view your reel.

### PLEASE DO:

- Get approval from your employer to post your video about work you are doing.
- Use **copyright-free music**.

### PLEASE DO NOT:

- Share any confidential or proprietary information.
- Record content without approval from your supervisor. If you need inspiration for creating your video while maintaining confidentiality, check out [this example](#).

### Need inspiration? Here are some videos to reference:

- [Day In the Life as a Talent Initiatives Intern at EDC](#)
- [Day In the Life as a Project Engineer Intern at Swinerton](#)
- [Day in the Life as a Cybersecurity Intern](#)

**Questions?** Contact the San Diego Regional EDC team: [talent@sandiegobusiness.org](mailto:talent@sandiegobusiness.org).