目的
提供有關海運及航空業實習職位，讓年輕一代及早了解行業所提供的多元化就業機會，鼓勵他們在畢業後投身兩個業界。

對象
1) 就讀於大學教育資助委員會八所受資助院校，香港恒生大學、香港樹仁大學、香港公開大學和職業訓練局的任何學士學位或副學位課程的本地全日制非準畢業學生; 或
2) 雜志校生 (只適用於航空業實習計劃)。

資助
提供實習職位的公司會向實習生支付每月酬金，當中「基金」會提供75%或7,000元津貼（兩者以較低者為準）。上限三個月。

Purpose
To offer young generation an opportunity to have an early exposure to the wide spectrum of career opportunities in the aviation and maritime sectors so as to encourage them to join the two sectors after graduation.

Target
1) Non-final year full-time local students from any undergraduate or sub-degree programmes of the eight University Grants Committee-funded education institutions, the Hang Seng University of Hong Kong, Hong Kong Shue Yan University, the Open University of Hong Kong and the Vocational Training Council; OR
2) Secondary six school leavers (Only applicable to Aviation Internship Scheme).

Sponsorship
The MATF would reimburse the participating companies of the monthly honorarium paid to interns up to 75% or $7,000 (whichever is the lower) for an internship period up to three months.