



MONTRÉAL ROSES

INTERNSHIP – Communications

Position: Internship – Communications

Reports to: Director, Communications

Location: Laval, Quebec

Status: Temporary, full-time

Salary: Unpaid internship

Conditions: Part of an educational program (College or University)

Summary:

Be part of a movement redefining women's sport. The Montréal Roses are more than just a soccer team: we're a passionate community that embodies creativity, inclusion, and excellence. By completing your internship with the Roses, you'll help share our story and engage our supporters at the heart of our journey.

Responsibilities (including, but not limited to):

First Team:

- Ensure smooth operations in the press box on match days
- Assist in producing pre-match notes and post-match recaps in French and English
- Contribute to organizing press scrums and interviews
- Help manage media accreditation distribution
- Oversee the general email inbox (info@rosesmtl.ca)
- Contribute to content production (profiles, press releases, social media)
- Translate and adapt press materials

Reserve Team:

- Provide coverage of the reserve team (live content, recaps, social media)
- Contribute to content creation to showcase the reserve team
- Conduct media monitoring and compile media mentions

Qualifications:

- Must complete the internship as part of an academic program and be eligible for academic credit
- Must be bilingual (French and English)
- Passionate about sports culture, particularly soccer



Required skills:

- Currently studying in communications, journalism, public relations, or a related field
- Excellent writing skills in French and English
- Ability to work in a dynamic environment
- Comfort with social media platforms
- Strong organizational skills
- Availability to work evenings and weekends (matches)

Availability:

- Must be available for the entire duration of the internship. Evening and weekend work will be required during the season.

Our Values:

- **Encourage courage:** Be a bold voice that inspires
- **Excel with integrity:** Prioritize authenticity in everything you create
- **Champion diversity:** Build bridges and break down barriers
- **Celebrate community:** Highlight our supports and our inclusive commitment

Why intern with the Roses?

- Participate in the launch or a reserve team in its inaugural season
- Work in an inclusive environment that values creativity
- Develop concrete skills in sports communications
- Be part of a movement that inspires and brings people together

To apply:

Send your resume and cover letter to info@rosesmtl.ca. Be sure to indicate "Application – Internship – Communications" in the email subject line.

The Montréal Roses are much more than a team. It's a movement.