



SPRING WEEKS SEASON INSIGHTS

A low-angle, upward-looking view of a modern skyscraper at night. The building is illuminated with bright blue and white lights, creating a strong sense of height and perspective. The sky is dark with many small stars, suggesting a night sky. The building's facade is composed of many windows, some of which are lit up, and the overall scene is dominated by the blue and white light palette.

2025

ABOUT US

Trackr is the leading provider of application trackers for spring weeks, internships and graduate roles across finance, tech and law.

We're the first place you'll hear about new spring week and internship openings.

Our mission is to reduce the information barrier for internships and democratise applications.

www.the-trackr.com

ABOUT US

SEASON INSIGHTS

We reveal the statistics behind Spring
Week applications.

Here are our survey stats.

Respondents

136

Universities

24

Applications Submitted

4000+

Offers Received

168

THE AVERAGE CANDIDATE SUBMITTED 33 SPRING WEEK APPLICATIONS.

There were 124 opportunities listed on Trackr's 2025 Spring Week tracker.

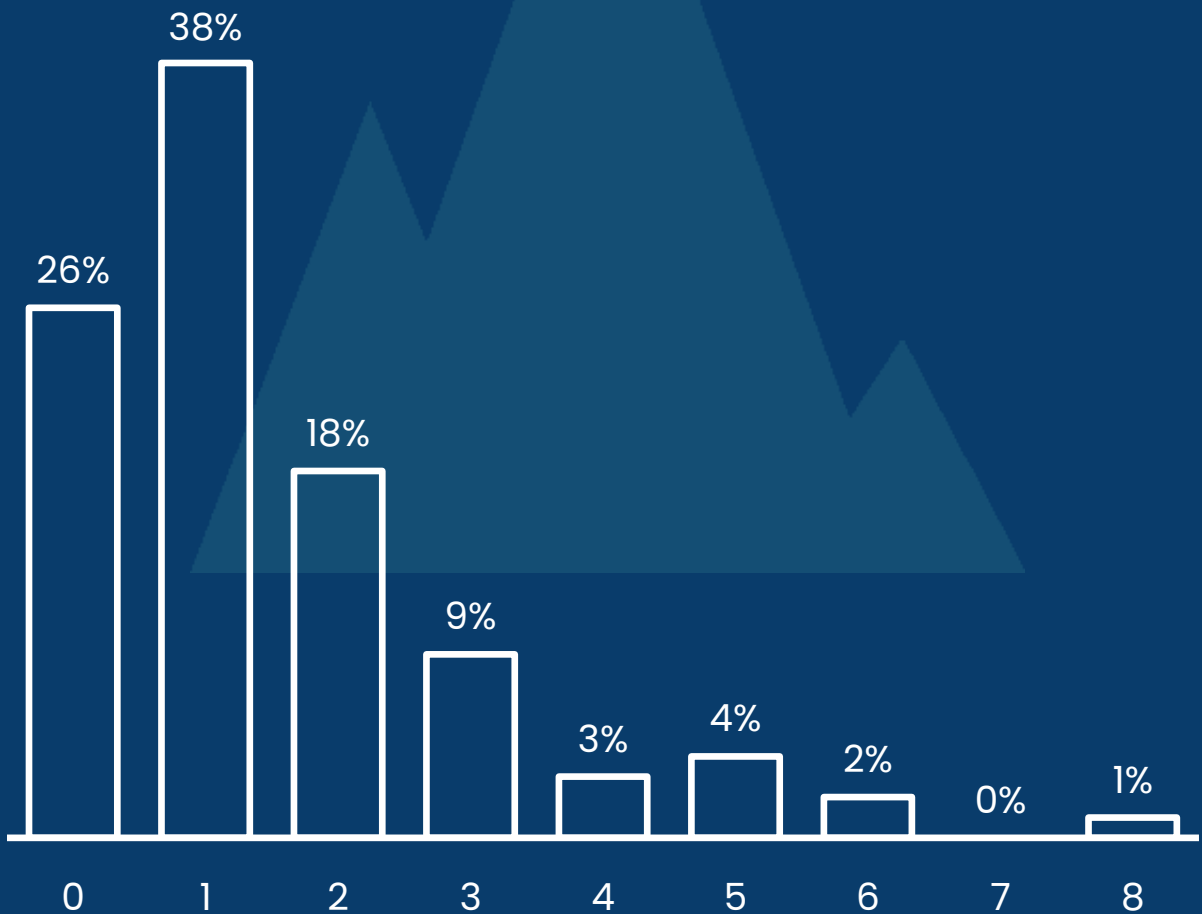
**“
RUTHLESS AND
COMPETITIVE.
EFFORT MAY
CORRELATE WITH
SUCCESS, BUT
DOES NOT
GUARANTEE IT.”**

THE AVERAGE CANDIDATE RECEIVED

1.52 OFFERS

One in every 22 applications led to an offer.

THE TOP 10% OF APPLICANTS GOT 33% OF OFFERS.

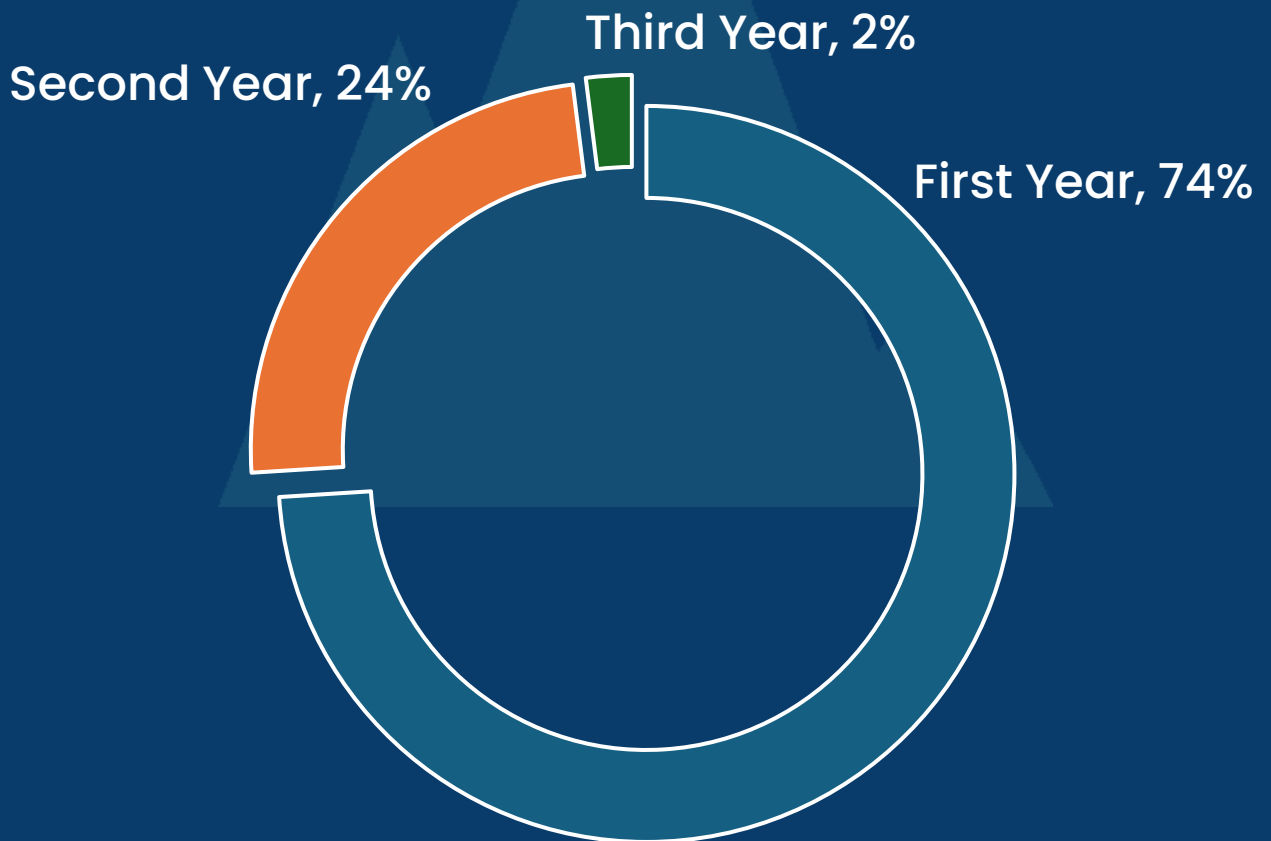


Number of offers received by applicants

**“
SO MANY SECOND
YEARS GET
OFFERS. IT’S
VERY LUCK-
BASED AND YOU
HAVE TO APPLY
EARLY.”**

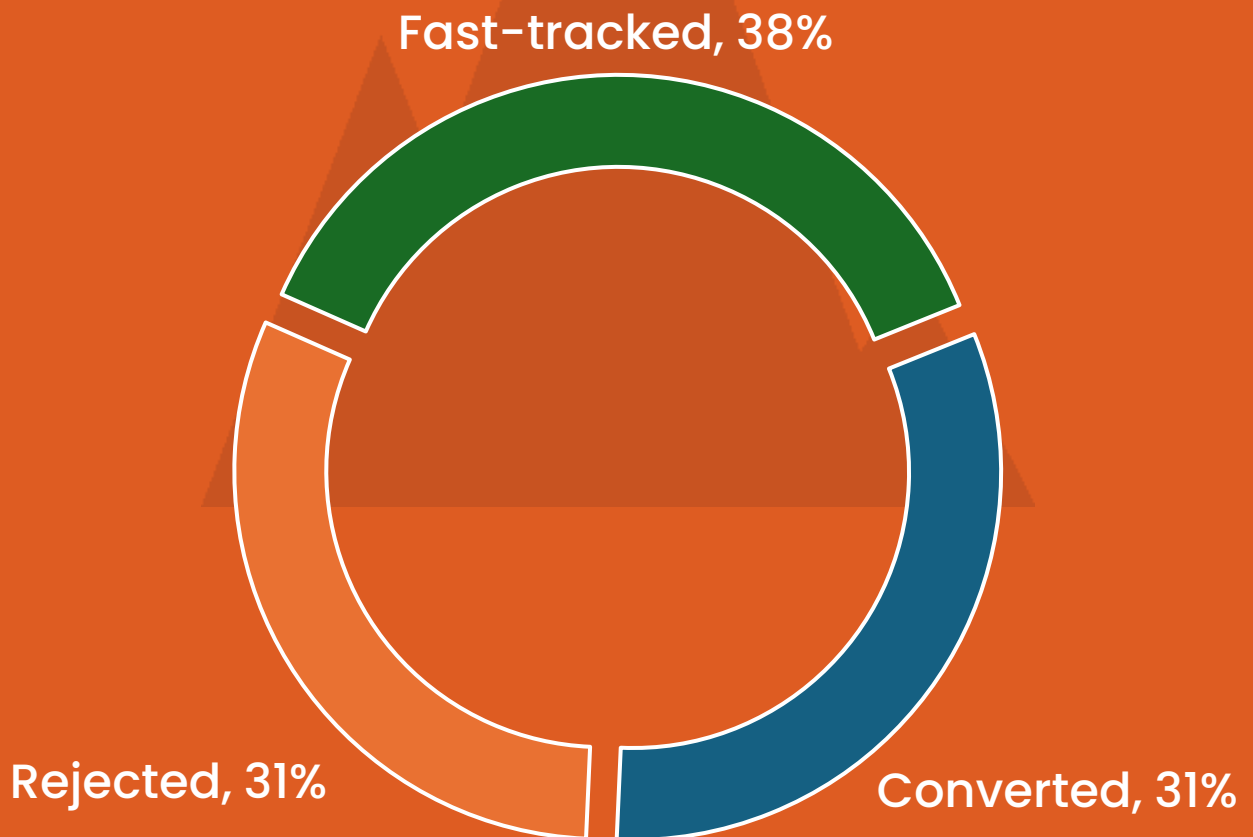
Spring Intern @ RBC Capital Markets and
McKinsey & Company

26% OF SPRING INTERNS ARE NOT IN FIRST YEAR.



A breakdown of Spring Week attendees.

31% OF SPRING INTERNS LANDED RETURN OFFERS.*



A breakdown of summer internship return offers.

*not including non-convertible spring weeks

“

**IT WAS INTENSE,
MULTIPLE
INTERNS HAD TO
PULL ALL-
NIGHTERS.”**



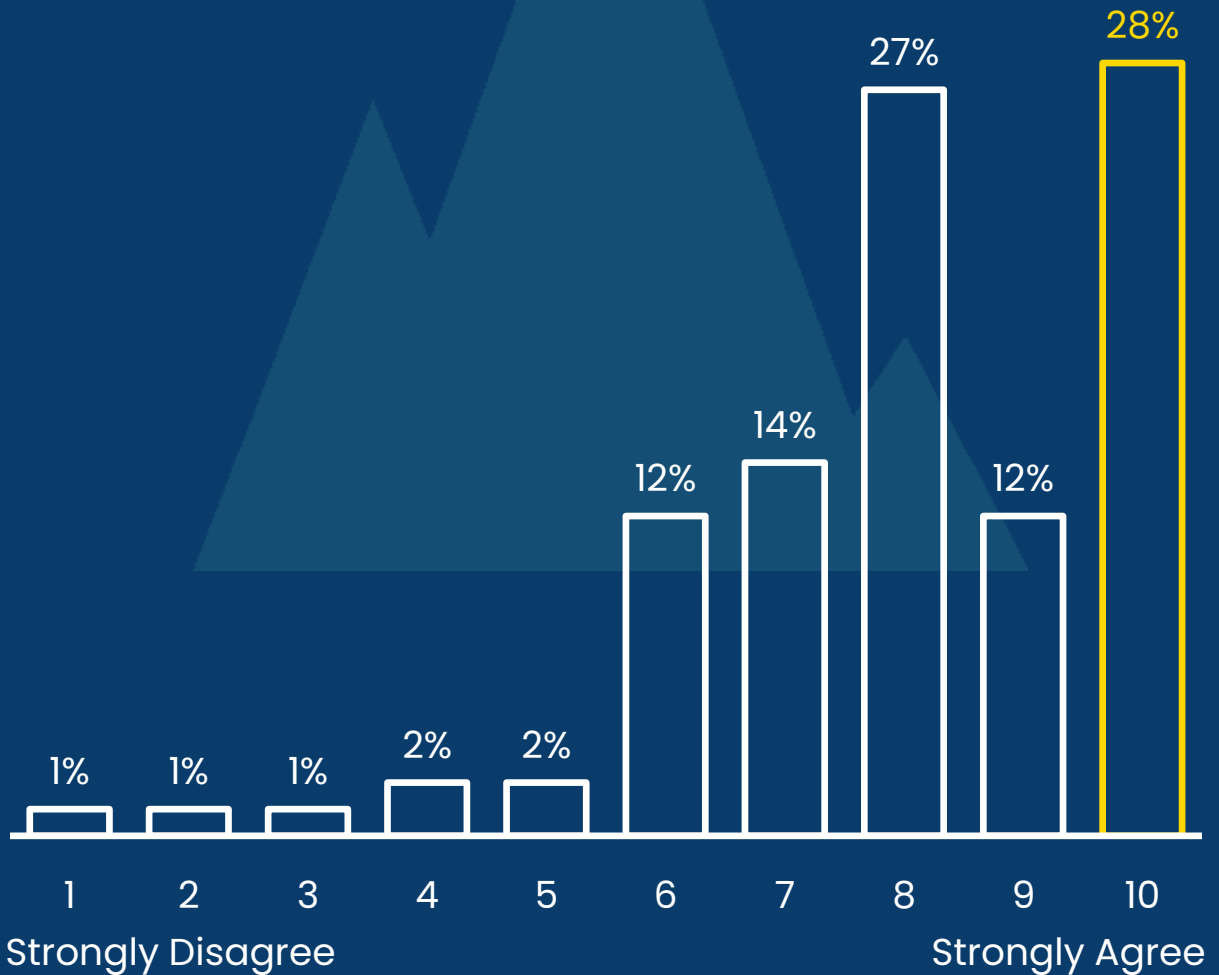
**32% OF
STUDENTS
SECURED A
FIRST-YEAR
SUMMER
INTERNSHIP.***

There were 33 internships listed on Trackr's 2025
Spring Week tracker.

*not including unpaid work experiences or insight programmes

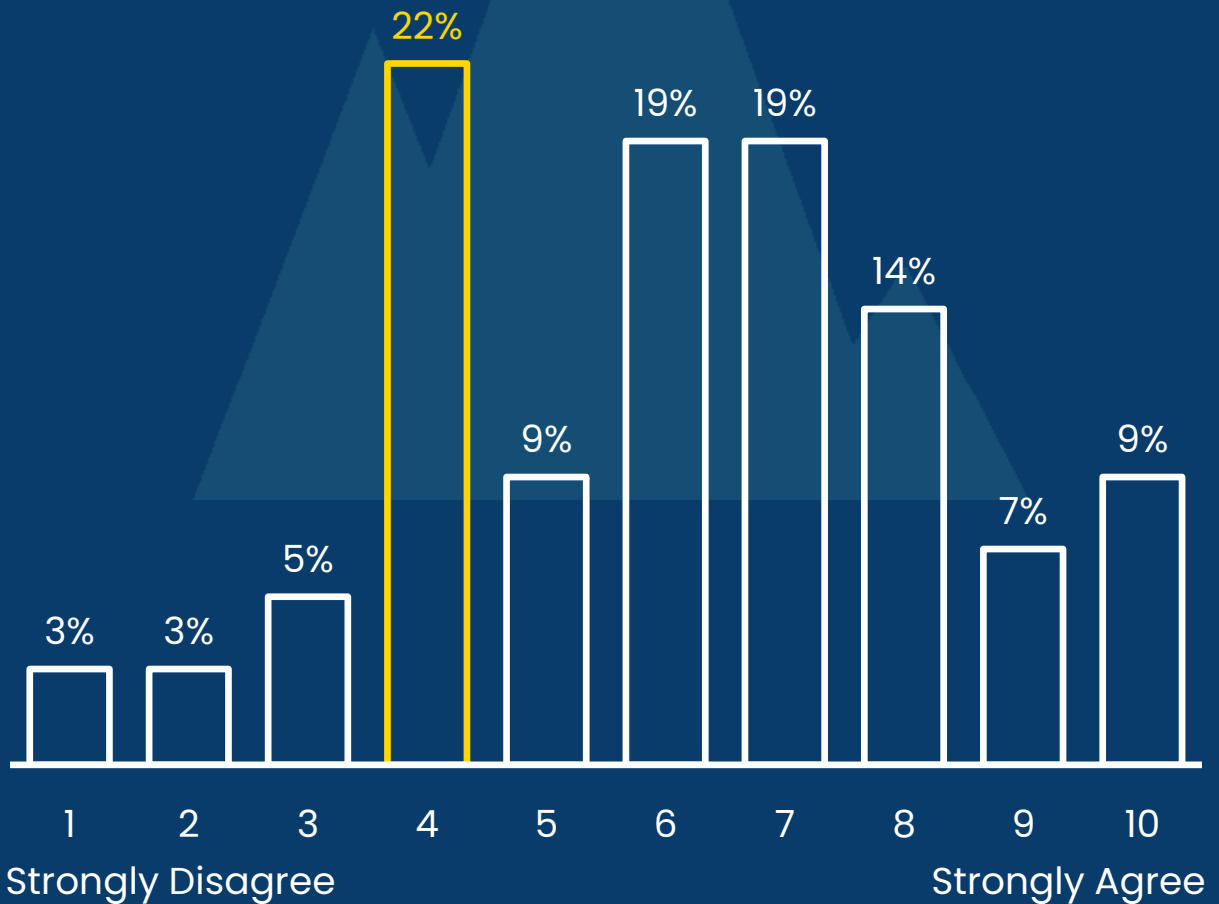
On a scale of 1-10, how much do you agree?

**“SPRING WEEKS WERE
HELPFUL IN DECIDING
WHICH DIVISION I WANT
TO WORK IN.”**



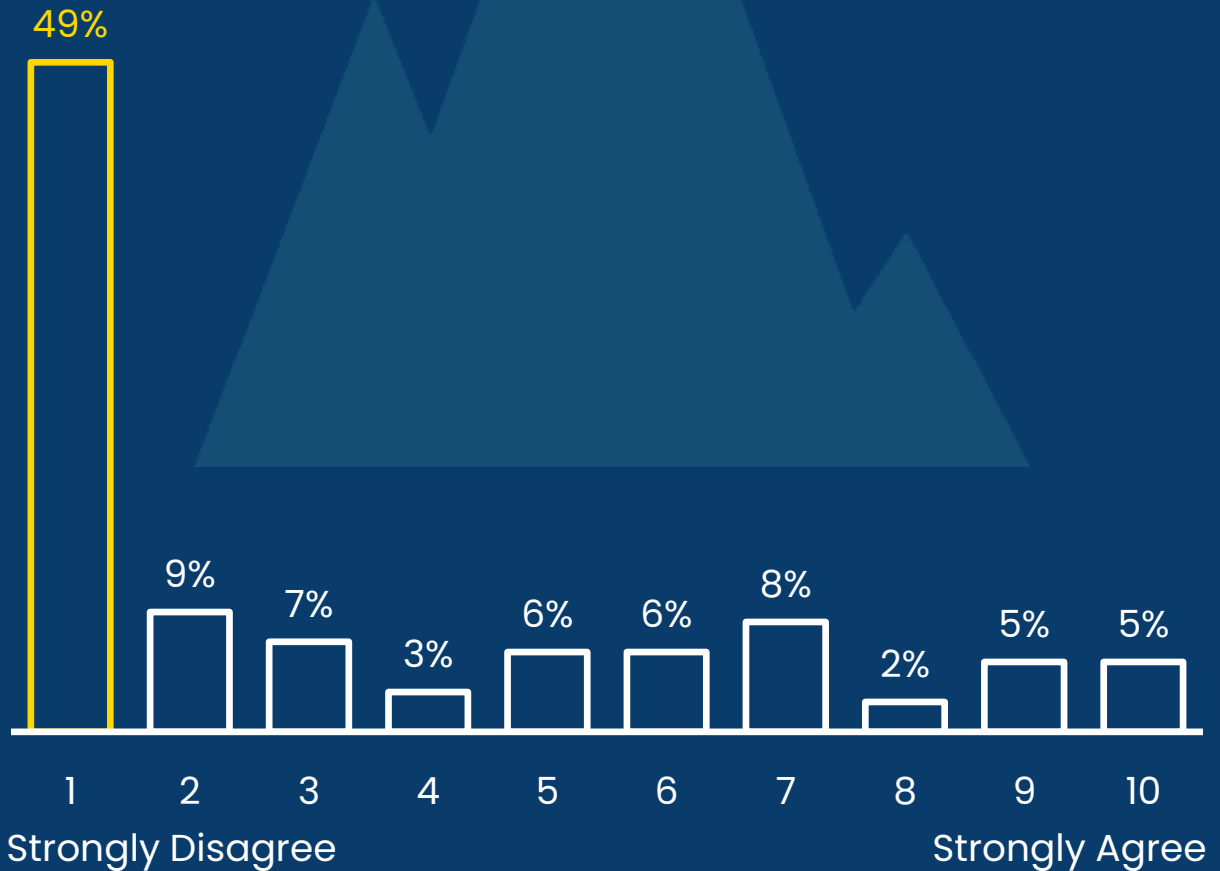
On a scale of 1-10, how much do you agree?

“RECEIVING SPRING WEEK OFFERS IS BASED ON LUCK.”



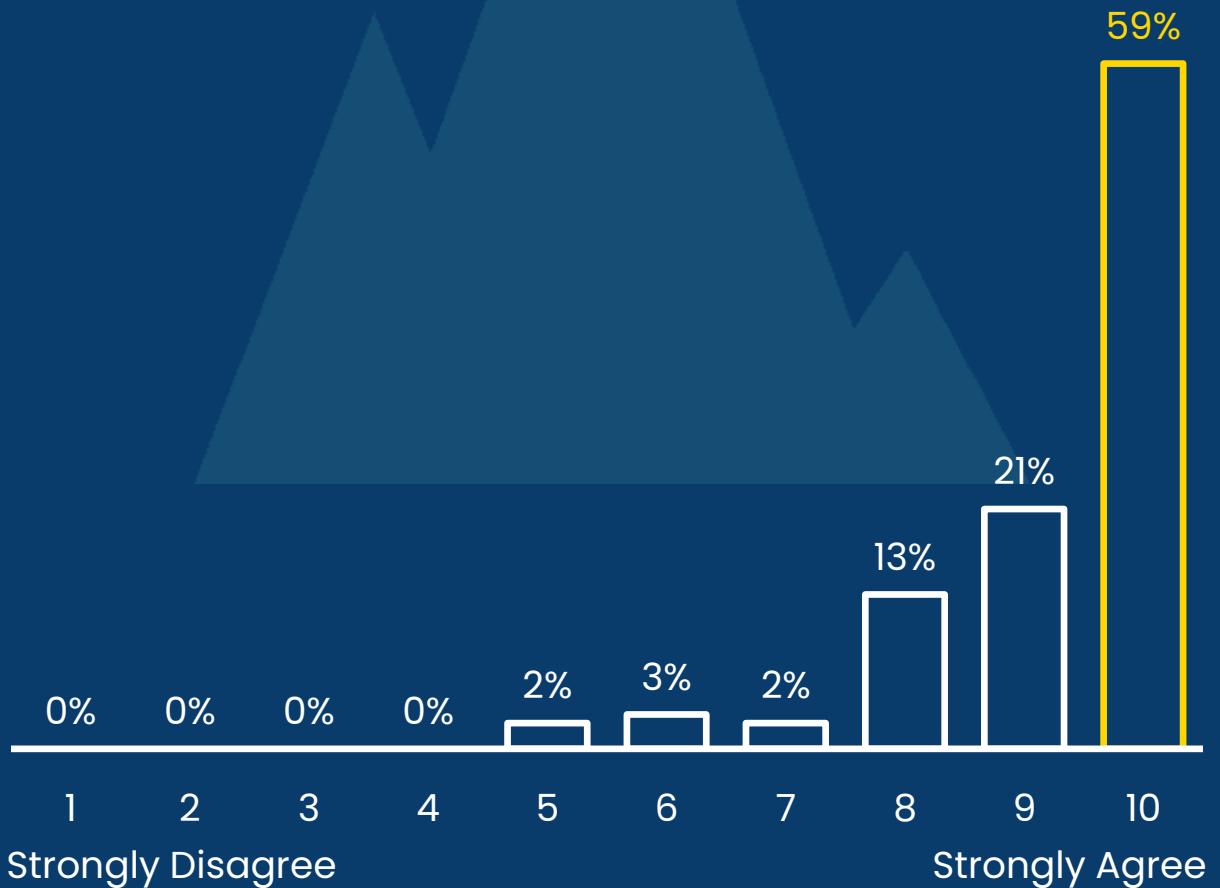
On a scale of 1-10, how much do you agree?

“I PREPARED FOR SPRING WEEK APPLICATIONS BEFORE COMING TO UNIVERSITY.”



On a scale of 1-10, how much do you agree?

“TRACKR IS THE BEST PLATFORM FOR FINDING SPRING WEEK APPLICATIONS.”



**“
TRACKR WAS THE MOST
USEFUL TOOL. I DON'T
THINK I WOULD HAVE BEEN
NEARLY AS ORGANISED OR
READY WITHOUT IT. I EVEN
GOT A FIRST-YEAR SUMMER
INTERNSHIP I NEVER
WOULD HAVE HEARD OF
WITHOUT TRACKR.”**

Spring Intern @ Macquarie Group
Summer Intern @ Caledonia Investments

Total Spring Week referrals from Trackr*

800,000+



A breakdown of the number of students Trackr directed to each Spring Week.

*number of times students clicked a link to an application page

SUCCESS TIPS

From a candidate with 8 Spring Week offers

“I’ve read over 50 CVs and at least 40 were just low quality. It’s not that they have bad experience, but students struggle to word their bullet points well.”

“On the other hand, there are other students with great CVs who don’t get past screening due to bad luck. You can’t feel bad about not passing CV screening when you’ve done your best.”

“Use spring weeks to figure out which career is right for you. I wasn’t sure which division I wanted to pursue, but doing numerous spring weeks helped me decide which industries I like and dislike.”



Aahil Namajee

Spring Intern @ Blackstone, Citadel,
DRW, Rothschild & Co, HSBC, Millennium

Summer Intern @ Infosys

[Read Aahil’s Spring Week Guide](#)

 @aahilnj

FINAL WORDS

From Trackr's Director

For incoming freshers, Spring Weeks can seem like a black box. Competition is no doubt high, but it's competition in sheer numbers. Don't assume that other people are better than you, because no one in first year truly knows what they're doing.

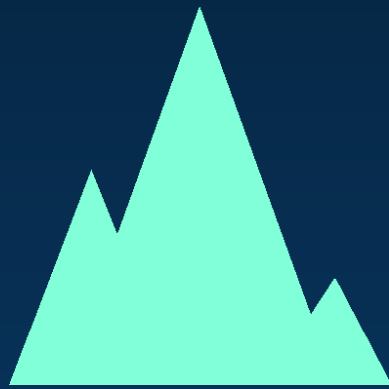
For those targeting 2026 Spring Weeks, follow the basic principles: apply early and everywhere. With a well-formatted CV and online test preparation, there's no reason why you can't land one.

If you missed out on 2025 Spring Weeks, don't be disheartened. Spring weeks are largely a numbers game, and the best candidates always land on their feet.

Sam Leong

Ex-Spring Intern @ J.P. Morgan, Evercore, CD&R, Credit Suisse, Optiver, Barclays, Macquarie Group, Fidelity International, RBC Capital Markets





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