

Intern - Sea Freight Logistics, Year-Round

Your tasks

The Sea Freight Logistics Intern role provides hands-on experience in managing international ocean freight operations and supporting end-to-end supply chain activities for finished goods. The position focuses on coordination, data analysis, and operational visibility, helping ensure efficient and cost-effective movement of goods. This role provides exposure to real-world logistics processes while contributing to performance tracking and continuous improvement initiatives.

HOW YOU WILL MAKE AN IMPACT

The Sea Freight Logistics Intern will be responsible for the following:

- Support both import and export operations for the Americas Region, with a focus on the United States and Canada
- Strong collaboration with both internal stakeholders and external service providers to ensure expectations and service level requirements are achieved
- Responsible for reporting and operational duties to achieve a high level of operational performance, management, and visibility across the sea freight team
- Tasks will be focused around managing costs, invoices, and shipment tracking by utilizing excel and visibility platforms such as, Tableau and Power BI
- Perform ad-hoc data analysis assignments related to financial spend and sea freight performance
- Other projects and responsibilities as needed

Your profile

BASIC QUALIFICATIONS

- Working towards a bachelor's or master's degree related to fields of Business, Supply Chain, and Logistics
- Must be currently enrolled as a full-time student throughout the entire duration of the internship
- Able to work a minimum of 20 hours per week during normal business hours (Mon-Fri)
- Must have and maintain a minimum GPA of a 2.8 or higher
- Minimum sophomore standing or higher
- Able to commute to our Fort Mill, SC Tire HQ office 3 days/week

SKILLS REQUIRED FOR THE JOB

- Proficient with MS Office tools such as Excel, Outlook, Teams, Word, etc.
- Intermediate/ high level of proficiency in excel (standard excel formulas, pivot tables, and other analysis functions)
- Strong communication and analytics skills
- Ability to work in a fast paced environment



Job ID
REF95676R

Field of work
Logistics

Location
Fort Mill

Legal Entity
Continental Tire the Americas, LLC

ADDITIONAL WAYS TO STAND OUT

- Previous work experiences (i.e. internships)
- Knowledge / experience in logistics / transportation

Our offer

THE PERKS

- Competitive Intern Pay
- Hands on experience with the team
- Project Experience
- Intern Socials/Mixers
- Mentorship Opportunities
- Company Lunch and Learns
- Networking
- And more benefits that come with working for a global industry leader!

All your information will be kept confidential according to EEO guidelines.

- Legal Authorization to work in the US is required. We will not sponsor individuals for employment visas now or in the future for this job opening
- Continental is not able to pay relocation expenses for this opportunity.

EEO-Statement:

EEO / Disabled / Protected Veteran Employer. Continental offers equal employment opportunities to all qualified individuals, without regard to unlawful consideration to race, color, sex, sexual orientation, gender identity, age, religion, national origin, disability, veteran status, or any other status protected by applicable law. In addition, as a federal contractor, Continental complies with government regulations, including affirmative action responsibilities for qualified individuals with a disability and protected veterans, where they apply. To be considered, you must apply for a specific position for which Continental has a current posted job opening. Qualifying applications will be considered only for the specific opening(s) to which you apply. If you would like to be considered for additional or future job openings, we encourage you to reapply for other opportunities as they become available. Further, Continental provides reasonable accommodations to qualified individuals with a disability. If you need assistance in the application process, please reply to Careers@conti-na.com or contact US Recruiting at 800-821-2727. This telephone line and email address are reserved solely for job seekers with disabilities requesting accessibility assistance or an accommodation in the job application process. Please do not call about the status of your job application, if you do not require accessibility assistance or an accommodation. Messages left for other purposes, such as following up on an application or non-disability related technical issues, will not receive a call back.

Ready to drive with Continental? Take the first step and fill in the online application.

About us

Continental is a leading tire manufacturer and industry specialist. Founded in 1871, the company generated sales of €19.7 billion in 2025 and currently employs around 78,000 people in 54 countries and markets.

Tire solutions from the Tires group sector make mobility safer, smarter, and more sustainable. Its premium portfolio encompasses car, truck, bus, two-wheel, and specialty tires as well as smart solutions and services for fleets and tire retailers. Continental has been delivering top performance for more than 150 years and is one of the world's largest tire manufacturers. In fiscal 2025, the Tires group sector generated sales of 13.8 billion euros. Continental's tire division employs more than 56,000 people worldwide and has 19 production and 16 development sites.

Are you ready to shape the future with us?