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# Rising costs hit unpaid interns hard

UNPAID internships in industries ranging from fashion to politics are costing youngsters more than £1,000 a month in London amid rising rents, a new study reveals.

The Sutton Trust estimates that 10,000 young people take up an unpaid internship a few months after graduating, although the high cost of living in the capital is likely to be pricing out those from low and middle-income families.

The education charity said it is concerned that the “significant costs” associated with unpaid internships are shutting many less-advantaged young people out of careers.

Unpaid internships costs a single person in London more than £1,000 a month, and £827 in Manchester, the study found.

Costs in both cities have increased since the Trust last carried out a similar study in 2014.

Sir Peter Lampl, chairman of the Sutton Trust, said: “Around 40% of young people who have carried out an internship have done so unpaid. All internships over four weeks should be paid at least the minimum wage of £7.50 per hour.

“Failure to do so prevents young people from low and moderate-income backgrounds from accessing jobs.”