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Momentum Distribution Services (MDS): Graduate Internships 2026

Description

Momentum Distribution Services (MDS) is a dynamic and innovative company located in the vibrant city of Cape Town, South Africa. As a leading provider of distribution services, we specialize in connecting businesses with their customers efficiently and effectively. Our commitment to excellence and passion for innovation drive our success, and we are excited to offer graduate internship opportunities to talented individuals who share our vision.

Are you a recent graduate eager to kick-start your career in a fast-paced and dynamic environment? Look no further! Momentum Distribution Services (MDS) is offering graduate internships to bright and ambitious individuals who are passionate about making an impact. As an intern at MDS, you will have the opportunity to gain hands-on experience and valuable insights into the world of distribution services. This internship will provide you with the necessary skills and knowledge to thrive in your future career endeavors.

Responsibilities

- Collaborate with cross-functional teams to support various projects and initiatives.
- Assist in the development and implementation of distribution strategies.
- Conduct research and analysis to identify market trends and opportunities.
- Support the day-to-day operations of the distribution center.
- Assist in optimizing distribution processes to improve efficiency and reduce costs.
- Provide administrative support as needed.

Qualifications

- Recent graduate or final year student pursuing a degree in Business, Logistics, Supply Chain Management, or related field.
- Strong analytical and problem-solving skills.
- Excellent communication and interpersonal skills.
- Ability to work independently and collaboratively in a team environment.
- Proficiency in Microsoft Office suite.
- Eagerness to learn and grow in a fast-paced environment.

Job Benefits

- Hands-on experience in the distribution services industry.
- Mentorship and guidance from experienced professionals.
- Opportunity to network and build valuable connections.
- Competitive stipend.
- Potential for future employment opportunities based on performance.

Hiring organization

Momentum

Employment Type

Intern

Duration of employment

3 Months

Industry

Financial Services

Job Location

Cape Town, Western Cape, South Africa, 8000, Cape Town, Western Cape, South Africa

Working Hours

09

Date posted

August 29, 2026

Valid through

04.06.2028

Contacts

If you are ready to jump-start your career with Momentum Distribution Services (MDS), please submit your resume and cover letter detailing your interest in the internship program. We look forward to welcoming passionate and driven individuals to our team!

Join us at Momentum Distribution Services (MDS) and embark on an exciting journey towards personal and professional growth! Apply now and be a part of our dynamic team.