

CYBER SECURITY INTERNSHIP 2026

The Starter Guide

Everything you need to choose a track, prepare, and apply. Red, Blue and Purple Teaming, GRC, AppSec, Cloud, Threat Intel and DFIR. Open to everyone from basic knowledge to expert level.

Free

Mentored

Real projects

Certificate

A path to a role

Applications close 25 August 2026

— WHAT THIS IS

A real way into cyber security, not another certificate

Most people who want into security get stuck in the same place: they watch the videos, collect the certificates, and still cannot answer the one question an employer asks, which is what have you done. This internship closes that gap. You do real security work, with a mentor, and you leave with proof you can stand behind.

What you get

Guidance and structured training, hands-on work on real projects, mentorship from people who do this daily, and a completion certificate.

How it is run

Remote, on a Pakistan-based cohort, over roughly eight to twelve weeks per track. All onboarding, mentorship and tasks happen on our Discord.

Performance based

It is free. Our strongest interns are assessed for a paid opportunity to continue with NUEXUS after the cohort.

Who it is for

Anyone from basic knowledge to expert. What matters most is curiosity, consistency, and the will to get better every week.

— WHO CAN JOIN

- ☐ Everyone from basic knowledge to expert level across the cyber security domains.
- ☐ A bachelor's degree completed or in progress, in any discipline. A computing background helps but is not required.
- ☐ A genuine interest to learn, practice in labs, and grow into a real security role.
- ☐ You must join and stay active on the NUEXUS Discord, where onboarding and tasks happen.

— CHOOSE YOUR TRACK

Nine tracks, each with real specializations

Red Teaming & Offensive Security

Think like an attacker. Find the holes and prove them with a safe, real exploit.

SPECIALIZATIONS VAPT, Web & API pentesting, Network, Wireless, Social Engineering, Red Team Ops

TOOLS YOU WILL TOUCH Burp Suite, Nmap, ffuf, Kali Linux

Blue Teaming & Defensive Security

Run the defense. Watch the alerts, catch the intrusion, shut it down.

SPECIALIZATIONS SOC Analysis, SIEM, Threat Hunting, Incident Response, EDR, Network Defense

TOOLS YOU WILL TOUCH Wazuh or Elastic, Sysmon, Wireshark

Purple Teaming

Run the attack, measure whether the defense caught it, and close the gap.

SPECIALIZATIONS Detection Engineering, Adversary Simulation, MITRE ATT&CK

TOOLS YOU WILL TOUCH Atomic Red Team, ATT&CK Navigator

GRC (Governance, Risk & Compliance)

Turn standards into controls, evidence and audits a company can pass.

SPECIALIZATIONS ISO 27001, SOC 2, Risk Assessment, Policy & Audit, Compliance, Vendor Risk

TOOLS YOU WILL TOUCH Control lists, policy templates, evidence trackers

Application Security (AppSec)

Secure the code itself. Review it, break it, build the pipeline that stops bugs.

SPECIALIZATIONS Secure Code Review, SAST & DAST, DevSecOps, API Security, Threat Modeling

TOOLS YOU WILL TOUCH Semgrep, a SAST or DAST scanner, GitHub Actions

Cloud Security

Lock down the cloud. Fix the misconfiguration and least-privilege gaps.

SPECIALIZATIONS AWS, Azure, GCP, Cloud IAM, Containers & Kubernetes

TOOLS YOU WILL TOUCH ScoutSuite or Prowler, a cloud free tier

Threat Intelligence & OSINT

Track threats, gather open-source intel, turn it into something actionable.

SPECIALIZATIONS Cyber Threat Intelligence, OSINT, Dark Web Monitoring, Malware & IOC

TOOLS YOU WILL TOUCH MISP, VirusTotal, Shodan

Digital Forensics & Incident Response

Trace what happened, recover the evidence, tell the story of the breach.

SPECIALIZATIONS Digital Forensics, Malware Analysis, Memory & Disk, Log & Network

TOOLS YOU WILL TOUCH Autopsy, Volatility, FTK Imager

Security Research & Awareness

Research weaknesses, automate the boring parts, teach others to stay safe.

SPECIALIZATIONS Vulnerability Research, Security Automation, Awareness & Content

TOOLS YOU WILL TOUCH Python, a lab VM, a note system

Not sure which track?

Pick the one that makes you curious, and say so on the form. You can also choose open to guidance and a mentor will help you find the right fit in your first week. You are not locked in on day one.

— BEFORE YOU START

How to prepare, whatever your level

You do not need to arrive an expert. You need to arrive ready to work. These are the habits that make an intern stand out.

Set up a lab

A spare machine or a couple of VMs. For offensive tracks, install Kali. For defensive, a small log pipeline. Breaking your own lab is how you learn.

Learn by doing

Free labs like the PortSwigger Web Security Academy, TryHackMe or the ATT&CK docs teach more in a weekend than a month of videos.

Write things down

Keep notes and short write-ups of what you try. The ability to explain a finding clearly is worth as much as finding it.

Get comfortable being stuck

Security is mostly being stuck and working through it. Ask good questions in your track channel, and show what you already tried.

The one habit that matters most

Consistency. Thirty focused minutes a day beats a heroic weekend once a month. Show up, finish the boring parts, and you will move faster than people who are more talented but less steady.

— HOW TO APPLY

Four steps, about ten minutes

1 Open the application

Go to nuexus.com/internships/cyber-security and open the form. Applications close 25 August 2026.

2 Choose your track and specialization

Pick the track you want and a specialization, for example VAPT under Red Team or SOC 2 under GRC. Set your experience level honestly, from basic to expert.

3 Attach your CV and details

A current CV, and any links to work you are proud of. Do not worry if it is short. We look for potential, not a long resume.

4 Join the Discord

This is required. Onboarding, mentorship and your first task all happen there. Join and introduce yourself.

What happens next

We review every application personally and invite shortlisted candidates to a short, practical, track-relevant assessment. You will usually hear back within about a week, by email or WhatsApp.

The assessment

A small hands-on task or interview that fits your track, so we can see how you think and confirm the fit both ways. It is not a trick, it is a taste of the real work.

Apply now, then join the Discord.

nuexus.com/internships/cyber-security