

Prudential Regulation Intern

Location: ABI, 30 Fenchurch Street, London, EC3M 3BD

We operate a policy of spending a minimum of 40% of our working time in the office on average over the course of a month. This works out as 2 days per week in the office, although you are welcome to do more if you wish. Please note this is mainly flexible but there are some days when all colleagues need to be in, for example team or all staff anchor days. If you need flexibility outside of this policy, we are happy to discuss this on an individual basis.

Team: Prudential Regulation

Internship Duration: 8 weeks

Dates of Internship: Wednesday 1 July to Tuesday 25 August 2026

Induction/Training Day (compulsory): Wednesday 24 June 2026 (9.30am to 4.30pm)

Hours: 9am – 5pm, Monday – Friday, 1 hour per day unpaid for lunch (35 hours per week)

Salary: London Living Wage (currently £14.80 per hour)

Application deadline: 15 April 2026, 11:59pm

Interviews: May 2026

[About The Association of British Insurers \(ABI\)](#)

The ABI is the voice of the UK's world-leading insurance and long-term savings industry, which is the largest sector in Europe and the third largest in the world. We represent over 300 firms within our membership, including most household names and specialist providers, giving peace of mind to customers across the UK.

The role of the ABI is to:

- Get the right people together to help inform public policy debates, engaging with politicians, policymakers, and regulators at home and abroad.
- Be the public voice of the sector, promoting the value of its products and highlighting its importance to the wider economy.
- Help encourage consumer understanding of the sector's products and practices.
- Support a competitive insurance industry in the UK and overseas

We do not sell insurance, nor are we regulators of the sector.

When meeting us, you'll quickly discover that the best thing about the ABI is the people. We're hugely proud that 98% of our people think individual differences are respected and we feel empowered to bring our whole self to work without fear of judgment and embrace all our differences as every voice matters.

The ABI has a relaxed, friendly, and collaborative workplace culture. Although we work in an open plan office, there are many phone booths and meeting rooms that can be easily reserved for focus time, as well as a designated "quiet" zone. We will work with you directly, as well as with Ambitious About Autism to ensure you have the adjustments you may need to help you succeed

in your internship.

About the role:

- The intern will join the Prudential Regulation team to delve into the real-world impact of Solvency UK reforms on insurers' reporting obligations and scrutinise the Prudential Regulation Authority's (PRA's) claim of a one-third reduction in reporting requirements. This project builds on the Regulation Directorate's work on the cost of regulation and offers a timely, high-profile opportunity to shape industry understanding. It will give you a front-row seat to how insurers are regulated and reveal the critical intersection between regulatory frameworks and political priorities.
- Beyond this, the intern will contribute to work on operational resilience, an increasingly vital area where the ABI is ambitious to lead, and support international prudential initiatives expected to gain momentum throughout the year. This mix of projects promises exposure to cutting-edge policy issues and the chance to influence discussions that matter to the future of insurance regulation.
- They would be supported / managed by Bob Warren, and the prudential team would provide support and expertise on the subject matter and project / tasks to be completed. We anticipate a degree of engagement with ABI members in the evidence gathering process, although this would be with the support of ABI colleagues.

Expectations and outcomes:

- The ideal outcome would be a project report detailing the extent to which the PRA has changed firms' Solvency UK reporting requirements, and our members' views on what further streamlining could be undertaken. This could be presented to ABI colleagues and would provide a valuable piece of evidence in our directorate's repertoire on the cost of regulation.
- The intern would also leave with a well-rounded overview of the role of prudential regulation more generally, and how insurers contribute to the Financial Services sector and economy more widely.

Skills and qualifications required for the role

- Ability to work independently (with access to help and support) having been given clear instructions.
- Ability to produce text (to be proof-read and approved by the line managers).
- A curiosity in learning about Prudential Regulation
- Research and writing skills – use various methods to create content.
- Willingness to demonstrate the behaviours associated with the [ABI Values](#).
- You do not need prior experience in insurance, financial services or regulation to apply.

How to apply

Before applying, please ensure that you meet the following criteria:

- You are a UK resident/have the right to work in the UK for the duration of the internship. Please note that this is a full-time internship and so if you're in the UK on a student visa, you need to check that you're able to work full time.
- You are aged 18 or over at the start of the internship (1 July 2026)

The recruitment process

As part of your application, you will be asked to share your CV and answer three questions:

1. Why have you applied for a Summer Internship with the ABI?
2. What one thing would you like to be able to do or learn by the end of your internship with the ABI?
3. At the ABI, one of our core values is to be "Curious". Please tell us two questions you would want to ask about the work of the ABI during your internship?

Please send your CV and responses to rebecca@ihaveavoice.org.uk and complete I Have a Voice's [Diversity, Equity and Inclusion monitoring form](#).

If you are chosen to progress by the ABI, you will be invited to attend an online interview.

A consideration in the final selection of the successful candidate will be based on who the interview panel feel will gain the most value from the internship.

Support during the application process

We are a Disability Confident Employer and committed to making any reasonable adjustments for candidates and colleagues. Please speak to us if you need any adjustments or support at any point in the process (careers@abi.org.uk)