

5-Month Cybersecurity Internship Roadmap

Target: Internships at Top Cybersecurity Companies in Pakistan

Month 1 – Foundations

- Networking basics: TCP/IP, DNS, HTTP/HTTPS, ports, firewalls
- Linux fundamentals: permissions, users, processes, commands
- Install Kali Linux and practice basic networking tools
- Complete TryHackMe Pre-Security Path

Month 2 – Web & System Security

- Learn HTTP requests, cookies, sessions
- Study OWASP Top 10 (SQLi, XSS, CSRF, IDOR)
- Practice Burp Suite, Nikto, SQLmap
- Document vulnerabilities on GitHub

Month 3 – Penetration Testing Skills

- Reconnaissance and vulnerability scanning
- Linux privilege escalation basics
- Metasploit and enumeration tools
- Create a sample penetration testing report

Month 4 – Specialization & Profile Building

- Choose track: Penetration Testing or SOC
- Complete TryHackMe Jr Pentester or SOC Level 1
- Optional certification (Google Cybersecurity / TryHackMe)
- Prepare CV and LinkedIn with portfolio links

Month 5 – Applications & Interviews

- Apply to top cybersecurity companies
- Send cold emails to HR and recruiters
- Prepare for technical interview questions
- Revise OWASP, networking, and tools

Tip: Focus on hands-on labs, GitHub documentation, and consistency.