

[For more detailed information on benefits please review here](#)

## India Intern Benefits

Adobe, a place where you can do and be your best. At Adobe, employees are at the core of our success. Thousands of passionate individuals work together to change the world through digital experiences in an environment that is fast-paced and always changing. Our dynamic and rewarding culture is well known and has received awards throughout the globe. We are pleased to provide you with excellent benefits and unique programs. We hope your time with us as an Intern will be instrumental in your decision to consider Adobe as your employer of choice upon graduation. We look forward to having you join the Adobe team for our very first virtual internship program!

### Holiday Pay

Interns will receive pay for company-designated holidays that fall on their normally scheduled workdays. Please refer to this [global company calendar](#) to view applicable company holidays for your region. Adobe India observes one holiday break period in December for which the offices will be closed. Days that are not holidays during this time will be unpaid.

### Employee Assistance Program (EAP)

Adobe's emotional and physical wellbeing partner, 1to1help, provides confidential EAP services that equip and support you as you meet life's challenges. It provides awareness, education and confidential counselling assistance for a range of work/life issues, including stress management, relationship challenges, life event changes (birth of a child, bereavement, etc.) as well as financial and legal support.

The goal of the EAP is to improve your and your family's wellness and wellbeing. You're eligible for up to 10 free sessions per life issue each calendar year. You also have access to a full range of tools and resources on a variety of topics to assist you in balancing your work and personal needs.

### Company Meetings and Events

You are welcome and encouraged to attend company meetings and events. See the Corporate Calendar in Inside Adobe for dates, times, and locations.

### Work From Home Expense Fund

A COVID-19 Work From Home Expense Fund of up to INR 37,000 (\$500 USD) per intern has been introduced. Please use this fund to purchase bandwidth, equipment, supplies and ergonomic items (e.g., monitors, keyboards, desk chair, etc.) that enable productivity while working from home. Refer to FAQs on Inside Adobe or contact [expense@adobe.com](mailto:expense@adobe.com) for further questions.

### Virtual Benefits and events

You can work out from home by accessing Zumba and Yoga live sessions.

- Cult Fit (Yoga): Visit <https://www.cure.fit> >> Click on Live Classes >> Join. You can access these classes at a time convenient to you.
- Fitternity (Zumba): Online sessions would be conducted on the Zoom Call app. Steps to join the classes- Download the Zoom Call Application (available on Play store, iOS as well as Laptops) Link: <https://zoom.us/> >> Create your profile >> Use the below mentioned details to attend classes every Wednesday and Friday. Please login only during the specified timings
- Headspace: Guided meditations and exercises to help you manage stress, anxiety, and uncertainty (Explore tab > Weathering the storm)
- Webinars: [Coping with Uncertainty About the Coronavirus & Navigating Your Work From Home Transition Due to the Coronavirus](#)