



## GETTING WORK EXPERIENCE

April 2024

## How to find it

Research companies in your local area using [yell.com](https://www.yell.com).

Ask your family and friends if they know of anyone you can approach.

Ask your school if you can contact any school alumni who work in areas that interest you.

Make a list of 10 people or organisations to contact. Call or email and be prepared to explain what you are hoping to gain and why.

## What to say

If you are calling, you might start the conversation with “Hello, I’m enquiring about the possibility of organising a work experience placement from .....date..... can you help me or can you give me the details of someone who can?”

If you are given a person's name and an email address to write to, you'll need to get across the following points:

- Who you are your school and the dates you would like work experience.
- What experience you're looking for and what you're hoping to gain from it.
- Your overall career goals and why/how work experience will help.

You'll need to make the right impression when asking/emailing, be polite and friendly.

Please see the list below for some organisations who are offering work experience. These have been collated by industry/sector. Some are offering in-person placements while others are virtual.

## Business Sector

[InvestIN](#) Work Experience programmes and insight events for students aged 12-18. The events have a cost.

[Springpod](#) various online programmes including Law, Psychology, Accountancy, Finance, TV & Film

[First Careers](#) Work experience opportunities with a variety of companies including First Direct, Asda, Deloitte, BMW and more.

## Creative/Design Careers

[Halliday Fraser Munro](#) for Architecture. There are 2 experiences on offer:

- The Design Work Experience – This experience is made up of two tasks, the first to get you familiar with SketchUp and the second to design a house for a celebrity. (Approximate time to complete – 30 hours)
- The Technical Work Experience – Our newest work experience task is to design and construct a new-build contemporary extension using Revit. (Approximate time to complete – 30 hours)

[InvestIN](#) Work Experience programmes and insight events for students aged 12-18. The events have a cost.

[Google Garage](#) for various marketing, tech, design and business courses to gain skills for a digital career.

# Computing, Technology and Digital

[InvestIN](#) Work Experience programmes and insight events for students aged 12-18. The events have a cost.

[National Cyber Security Centre](#)

[SideQuest](#) Design your own Video game through practical quests delivered by some of the UK's biggest games studios, with live masterclasses, free software and a supportive online community. Side Quest consists of weekly games design challenges and an interactive livestream for young people to troubleshoot, ask questions and get advice, as well as a moderated forum for peer review and feedback. Members will be challenged in their computer science, creative writing, art, music and communications skills over five sessions.

[Vodafone](#) A week of virtual work experience aimed at students in Year 12.

[Google Garage](#) for various marketing, tech, design and business courses to gain skills for a digital career.

## Employability Skills

[Barclays Life Skills](#) - work experience with a digital transformation agency

## Engineering

[Leonardo](#) offer a range of work experience opportunities for students at their various work sites throughout the UK

[Siemens](#) A two week virtual work experience to get insights into engineering, tech and sustainability. It includes videos, live webinars and interactive activities to provide an immersive experience.

[BAE Systems](#) placements usually last for a week and cover lots of different areas including engineering and business administration.

## Finance

[InvestIN](#) Work Experience programmes and insight events for students aged 12-18. The events have a cost.

[Santander Bank UK](#) Virtual insight days in conjunction with Speakers for Schools for 14 – 19 year olds.

## Health and Social Care

[Springpod](#) An online platform with opportunities in a range of different vocational areas, including Healthcare.

[InvestIN](#) Work Experience programmes and insight events for students aged 12-18 including for Dentistry and Medicine. The events have a cost.

[NHS](#) See the guide

Nursing Homes are usually looking for volunteers. The experience gained in them is invaluable for any career in health or social care.

[Open Learn - Free Learning from the Open University](#) Resources for those interested in finding out about different areas of work including Psychology, Childcare, Social Work, Teaching, Police and Forensic Science.

## Law

[The Lawyer Portal](#) provides advice on work experience.

[Careers in Law](#) for suggestions of where to apply and tips for gaining work experience.

[Kennedys Law](#) Insight into legal teams and the type of work trainee lawyers and apprentices do. Students will also develop skills for a future career in law and receive a completion certificate to share with prospective employers.

[White and Case](#) A virtual programme allowing students to gain first-hand insight into life as a White & Case lawyer and experience the realities of cross-border law. The programme takes 5/6hours to complete.

## Medicine

[Medic Mentor](#) Work experience in medicine, vet science and dentistry. There is a cost.

[Observe a GP.](#) A scheme supported by the Medical Schools Council as a suitable element of relevant experience to help prepare an application to medical school.

[Brighton and Sussex Medical School](#) A 'virtual' work experience for those looking to apply to medical school. You will be introduced to the NHS before exploring the roles and skill sets of six different medical specialists. Along the way, you will also consider some of the challenges and wider issues doctors face.

[Pre-med projects](#) Hospital work experience & online courses for students aged 14+ who are applying for medicine, nursing, midwifery & dentistry. All programmes need to be paid for.

[The Medic Portal](#) The events have a cost.

Nursing Homes are usually looking for volunteers. The experience gained in them is invaluable for applications to Medicine.

## Science

[Operation Wallacea](#) Placements run online, allowing students to work from home while recreating a genuine work-from-home environment via a carefully managed daily schedule, regular deadlines and constant contact with managing staff via remote working software including Microsoft Teams. Our placements are designed not only to give students an insight into working life, but to develop a range of core skills that are both directly relevant to careers in STEM and transferable to many other career paths, as well as linking closely to their school curricula. Courses are designed for students aged 16-18 and are paid for.

[The Met Office](#) virtual Work Experience programme.

[Nuffield Research Placements](#) real-life research or development projects, where year 12 (or equivalent) students are placed at the heart of a UK host organisation. Eligibility criteria apply.

## Space Careers

[Space Careers](#) suggestions of where to apply and tips for gaining work experience

## Veterinary Science

[Virtual Work Experience and Exploring the Veterinary Profession](#) A virtual work experience through 'Future Learn' and University of Nottingham. Free to join and applicants can access the course for 4 weeks at no cost. However, there are costs associated if they want to receive a certificate for completing or access the course for longer than 4 weeks.

[Medic Mentor](#) Work experience in medicine, vet science and dentistry. There is a cost.

## Various

Virtual Work Experience placements offered in a range of different vocational areas available from the following organisations:

[The Forage](#) Virtual work experience with Fortune 500 companies including KPMG, Citi, Microsoft, Goldman Sachs and Accenture among many others.

[Springpod Virtual Work Experience](#) Online platform with opportunities for 14–19year-olds, in a range of sectors including Journalism, Health, Marketing, Finance.

[Student Ladder](#) connecting school students and undergraduates to a range of work experience opportunities.