



Thinking about work experience?

That's a great idea for lots of reasons, however due to the pandemic it's not an easy time to get hands-on work experience, so why not consider getting some virtual work experience?

2 good reasons to get work experience

1. Whether you know what you want to do in the future, have no career ideas at all or are just a little unsure about the opportunities available then work experience could be one of the most useful things you can do!
2. However it's not just going to help you with your career planning it's also going to boost your CV which will help when applying for college, university and employment.

Work experience during a pandemic

Ok so it's not going to be as easy to get real hands on work experience during the pandemic, however don't make it an excuse! If you want to give yourself the advantage and boost your CV then be creative and get some virtual work experience.

Why get virtual work experience?

- ✓ You won't just learn about the job and the world of work, you will also learn a lot about yourself – what you like and don't like in the workplace which can really help with career decision making
- ✓ You will develop your employability skills e.g. team working, communicating, problem solving and time management
- ✓ You will develop your personal skills e.g. confidence, empathy and patience
- ✓ You will have experiences which you can talk about and use as examples during future interviews
- ✓ You will improve your chances of success when looking for a job, college or university course in the future
- ✓ You will make contacts which could be useful to you in the future, e.g. they may offer you an internship, apprenticeship or job



Where do I look?

Normally to get work experience you would might try a few different approaches e.g. speak to anyone and everyone you know, use your social media to say that you are looking for work experience, identify and contact local employers and companies that interest you, however during a pandemic this is going to be more difficult.

Thankfully employers have realised this and many are offering virtual solutions.

See attached and below for lots of useful information about virtual activities you can get involved in and which will give you're a CV boost. You may have to register or set up a free account on some websites and will need a personal email address.

Main Resource

The below link tells you everything you need to know Virtual Work Experience;

<https://www.prospects.ac.uk/jobs-and-work-experience/work-experience-and-internships/virtual-work-experience>

Good luck & if you need more help please let us know, by emailing info@careernorth.co.uk

Please see next page for the resource pack





Career North Resource Pack - Work Experience links related to Career Sectors

Career Guides <https://www.thewowshow.org/careers-guides/>

Fabulous videos on professions linked to medicine/healthcare and construction
Free resources for National Careers Week

Multiple career sectors

Free 2 week virtual work experience in lots of different areas of work, as well as virtual Careers Fairs and online Open Days <https://www.springpod.co.uk/virtual-work-experience-programmes/>

Architect <https://www.edubuzz.org/careers/2020/05/05/virtual-work-experience-architecture/>

Virtual Work Experience in a range of sectors <https://www.speakersforschools.org/experience-2/vwex/>

General Careers and work placement advice <https://mywayin.campaign.gov.uk>

Uptree - Finance/STEM/Digital focus/Engineering/ ICT/ Accountancy/ Business/Property
<https://uptree.co/>

Grimm & CO Literacy/ART/English/Fundraising/Research/Retail/Admin/Drama
<https://grimmandco.co.uk/volunteering/>

Halliday Fraser Munro: Art/ICT <https://workexperience.hfm.co.uk/>

Hunter Bevan: Marketing/ICT <https://hunterbevan.co.uk/missing-out-on-work-experience-this-year/>

NCT Journalism: Media/ ICT/English
https://www.nctj.com/latestnews/piersmorganwelcomeslaunchofnctjsummerschool?fbclid=IwAR1779344ieShqc5Bpl_1ueetVoQu5Fr3BZBXMpPozmxHlerCCAkbV2E1Rk

Finance and Banking

Santander - <https://www.santanderjobs.co.uk/settingpotentialfree/work-experience.php>

Barclays <https://barclayslifeskills.com/i-want-virtual-work-experience/school/virtual-work-experience/>

Healthcare & science (inc Vet Science)

Dentistry – Medic Mentor <https://medicmentor.co.uk/covid-19-student-work-experience-opportunities/>

Dentistry - toolkit -

<https://www.hee.nhs.uk/sites/default/files/documents/NADentistToolkitv9.pdf>

Dentistry gain experience to support an application -

<https://www.dentalschoolscouncil.ac.uk/news/dsc-releases-advice-on-gaining-experience-to-study-dentistry-during-the-covid-19-pandemic/>

PotMed Conference: Medicine-

<https://www.union.ic.ac.uk/medic/muslim/outreachwellbeing/outreach/potmed/>

24 hours on the ward: Medicine - <https://www.operatingtheatre.live.co.uk/24hrsontheward>

Brighton and Sussex Medical School: Medicine - <https://bsmsoutreach.thinkific.com/courses/VWE>

Royal College of General Practitioners: Medicine - <https://www.rcgp.org.uk/observegp>

NHS: Allied Health / Medicine - <https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

Sheffield Teaching Hospital: Medicine - <https://www.sth.nhs.uk/work-for-us/work-experience/virtual-resources>

Future Learn: Medicine / Science - <https://www.futurelearn.com/subjects/healthcare-medicine-courses>

Future Learn Vet science- [Virtual Work Experience](#)

Computing & IT

Cyber Discovery: ICT - <https://joincyberdiscovery.com/>

National cyber Security Centre: ICT -

<https://www.ncsc.gov.uk/section/education-skills/11-19-year-olds>

Info Tech and Cyber Security Work Exp - <https://www.getcareerconfident.co.uk/students/virtual-work-experience>

Virtual challenges and opportunities in the digital world -

<https://www.mykindafuture.com/2020/07/22/how-virtual-work-experience-makes-a-career-in-technology-accessible/>

Law Sector

The Lawyer Portal – Law <https://www.thelawyerportal.com/free-guides/law-work-experience/virtual-work-experience-for-law-students/>

Kennedys - <https://kennedyslaw.com/news/kennedys-launches-virtual-work-experience-programme/>