



FRANCIS HOLLAND SCHOOL
REGENT'S PARK

THE NEXT STEPS FOR YOUR FUTURE

WORK EXPERIENCE
EVENTS & WORKSHOPS
VOLUNTEERING

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INTRODUCTION

Living in London, one of the most vibrant cities in the world, brings a wealth of opportunities. There are over 1.1 million businesses in the capital, representing nearly a third of all businesses in the UK. But even with so many potential employers at hand, it can still be difficult to find and secure the perfect work placement. The successful candidate will need to have considered early planning and action, speculative applications, networking, and be persistence even in the face of rejection.

The keys to your success are:

1. Start early (there are over 4.6 million 16-year olds in the UK)
2. Choose some areas of interests (but don not be too specific)
3. Research available placements online (use search engines and sites like [Student Ladder](#))
4. Approach potential employers by email, letter, speculative application (as required on their website)
5. Network (approach parents, friends, neighbours, LinkedIn etc.)

Be aware that some types of work experience are very difficult to get because of workplace restrictions, confidentiality, and health and safety regulations. You might need to find work experience in areas that are closely related to your preferred field rather than directly in them.

Why complete work experience?

Work experience is a great way to explore the careers and industries that interest you, to see if they really do match your expectations and to discover the academic and personal skills required to pursue them. It will also help you identify your natural aptitudes and those skills you will need to develop, including transferable skills such as good communication, teamwork, problem solving, motivation, and time management.

Completing work experience will help you make an informed decision about your future and provide you with the extra motivation you need to succeed in examinations. It will help you build you CV and may even give you the chance to be offered a summer job in the future.

How do I know which work experience placement to apply for?

First think about the academic subjects you enjoy the most at school, your interests outside of school and the type of career you might be interested in.

Once you have compiled a list look at the different sectors in each field and narrow down your options by using the resources available to you in the Library, on Firefly, and in this document. You might even want to have a chat with the Director of Careers, Mr Bossé – just send him an email to arrange an appointment.

You may also wish to visit a company called [Career Ready](#), who provide [paid work placements](#) that are similar to internships, but offer much more support and guidance in the workplace.

What does a placement involve?

Your work experience placement is an opportunity to learn about the world of work, explore the different areas of the company, interview staff and get your hands dirty. You might be given tasks ranging from the day-to-day of answering phones, inputting data, or distributing mail, to industry specific projects.

Remember that you should always:

- **Be professional** – follow dress codes, be punctual and be open-minded. Remember there is nothing wrong in offering to make a cup of tea for someone else.
- **Be enthusiastic** – show interest, even if the job is repetitive. This will go a long way in the eyes of the employer.
- **Ask questions** – not just to clarify instructions, but also about the company and the roles that interest you. Make the most of your time at the company.
- **Keep a log**- write down what you accomplish during the day, what you have learnt, what you found interesting, and if you have anything you need to clarify with your mentor.
- **Write down instructions and tasks** – this will help you keep track of your tasks and to stay organised, plus it will give you a sense of achievement when you tick them off.

Looking ahead to university and beyond

The higher the number of work placements you do, the better prepared you will be for employment. Also remember that some university courses will require specific work experience, for example Medicine, Dentistry, Veterinary Sciences, and other medical professions.

It might also strengthen your university application if you have chosen to apply for a subject that is not closely related the subjects you have studied at school.

After your placement

Make sure that you send a thank you card or email as a matter of courtesy.

Take time to think about what you did over the past week, the pros and the cons, what was your favourite part, and any other reflections. Use this to refine your career aspirations and to identify the next role or industry you would like to explore via a work experience placement.

ADMINISTRATION, BUSINESS, OFFICE WORK AND FINANCIAL SERVICES

Work Experience

Student Ladder - Banking

The Banking sector offers a wide variety of different roles. The investment banks offer more specialised services and opportunities exist in areas such as corporate finance and sales and trading, while retail banks, such as Lloyds and NatWest, generally deal with individuals and companies.

Student Ladder – Professional Services

The Professional Services department includes consultants offering strategic or technology advice to their clients, as well as firms offering financial services and advice such as audit, tax, accounting, pensions, insurance, and investments.

HSBC

The HSBC programme is aimed at those in the Sixth Form who are keen to get an introduction to what a career in the financial services may be like. The work experience opportunities are available from June to August. Further information and specific details regarding each opportunity are available on application.

British Airways

BA's Work Experience Programme covers 26 departments and has been awarded a Gold Standard by Fair Train. Each placement runs for five days and students are valued team members.

Santander

You can gain valuable experience by spending a week across various branches and head office sites. There is also a presentation on the different types of work experience opportunities, preparing for interviews and a CV workshop.

Events and Workshops

Short Courses at UAL

Explore subjects including fashion business, business and management, communication and graphic design. Courses are suitable for every level all designed with appropriate class sizes, so tutors can help each individual improve their knowledge and get to the next level.

Debate Chamber – Economics Summer School

The five days of the summer school will cover some key micro and macro-economic theories; international economics; seminars and debates about the economic, political and moral implications of economic policies and behaviour; and lots of opportunities to discuss and analyse current affairs in economics, such as Brexit; the impact of America's new protectionism; and the evolving role of China in the international financial system.

The Business Show

The Business Show is the biggest business event in Europe and offers endless networking and learning opportunities with leading experts from every corner of the business world.

ARCHITECTURE, BUILDING AND CONSTRUCTION

Work Experience

[Construction Youth Trust – Budding Brunels](#)

Over the Budding Brunels course of 3 days, you will get to see what it is like to take on different professional roles, from project manager to surveyor. There will be opportunities to spend time touring working construction sites; hearing from industry professionals behind projects as huge as the Cheesegrater, Crossrail and the Olympic park, and visiting universities and technical colleges to hear about the range of progression routes open to you.

[BM3](#)

BM3 run a one-week, tailored program for students in Year 10 and above. The course offers experience in both 2D and 3D hand sketching, working to different briefs, 3D modelling on Sketch Up and concludes with a professional presentation of the students work.

[Pozzoni Architecture](#)

The Pozzoni Architecture programme takes place from their London studios. Participants deliver a fixed, week-long mini-architectural project of their own. For further details about work experience, please contact Emma Tanti at emma.tanti@pozzoni.co.uk or on 0161 928 7848.

Volunteering

[Habitat for Humanity](#)

Anyone who can hold a hammer or a paint brush is welcome to the work of Habitat for Humanity. Volunteers provide manpower that allows the building of homes or the making of renovations at considerably lower costs.

[Build Abroad](#)

Build Abroad volunteer programs help rebuild and empower communities for a better future. You will experience life as a local as you stay with your host family and help the community. When you are not volunteering, you will have plenty of time to travel and explore the natural beauty that often surrounds the location.

Events and Workshops

[RIBA Skill Up Workshops](#)

Inspired by the RIBA Collections and seasonal exhibitions, you will develop your knowledge of architecture and feel empowered and motivated to positively influence the built environment.

[London Festival of Architecture](#)

The London Festival of Architecture is the world's largest annual architecture festival. With an amazing programme of events and activities taking place right across London every June, they welcome everyone into the conversation around architecture and our city.

[Short Courses at UAL](#)

Explore subjects including architecture and spatial design. Courses are suitable for every level all designed with appropriate class sizes, so tutors can help each individual improve their knowledge and get to the next level.

CATERING AND HOSPITALITY

Work Experience

[Mitchells & Butlers](#)

With over 13 brands and 1600 businesses, M&B is a great place to begin your hospitality career. Their work experience placements will help you understand the range of roles available to you.

[Student Ladder – miscellaneous](#)

Student Ladder contains a variety of different roles, mainly from retail or consumer companies. Work experience is often business orientated.

[The ATG \(Ambassador Theatre Group\)](#)

ATG theatres are receiving houses, which means they host touring productions created by companies outside of the theatre itself. Their work experience opportunities are for students aged 14+ and include front of house roles, food & hospitality, and venue management.

Volunteering

[Lord's Cricket Grounds](#)

There are various opportunities to support and enhance the visitor experience at Lord's.

Events and Workshops

[Young Chef's Academy](#)

Learn to cook classical dishes, knife skills and food preparation techniques at this Saturday school for 13 to 16-year olds. Recipe packs are issued on the first Saturday of the class. You will get to take whatever you cook home and will receive a certificate at the graduation presentation lunch.

[Bread Ahead baking courses](#)

The Bread Ahead Bakery School, situated in the heart of Borough Market, is the ideal place to experience artisan baking first-hand. Whether you're a beginner or a seasoned baker, their world class Master Bakers offer first-hand their experience and guidance in the art of baking.

[Hampton Court Palace Food Festival](#)

This annual festival takes place over the August Bank Holiday weekend and is an opportunity to explore, and sample, the range of artisan food out there. Hear from chefs and industry experts and watch them prepare food live in The Kitchen. You also get entry to the palace.

[Taste of London](#)

Held during the month of June, Taste of London takes place in Regent's Park, with a stellar line up of London's latest, greatest and most exciting restaurants, world-class chefs, an exceptional range of interactive and participatory experiences, and gourmet food and artisan producer markets.

COMPUTER AND IT

Work Experience

[Lockheed Martin](#)

From mail sorting technology to helping build the UK's first commercial spaceport, Lockheed Martin's innovations and partnerships help solve some of the world's most complex challenges, contributing to the UK's defence, security and prosperity.

[The STEM Exchange](#)

By signing up to The STEM Exchange and you can access work experience, work shadowing, webinars and a whole host of other opportunities from across a whole range of STEM industries.

[Kainos](#)

During the week placement at Kainos, you'll be assigned a mentor who will take you through various development exercises, giving you the chance to grow your skills, learn more about project management and experience some of the cutting-edge technologies that are used at the firm.

[OGL Computer](#)

The work experience programme run by OGL Computer runs in June and July and has a limited number of spaces. Typically, during the week you will work on the Service Desk, in the Workshop, with OGL Computer's IT Consultants and may the chance to visit customers at their premises with one of their Field Engineers.

Volunteering

[CoderDojo](#)

CoderDojo benefits from having mentors with different skills, backgrounds, and different levels of knowledge who provide support and encouragement to the CoderDojo youth (Ninjas). The clubs also need general volunteers who focus on organising the events.

Events and Workshops

[Debate Chamber - Computer Science Summer School](#)

As part of the summer school course, students will explore both the foundations of computer science, and its potential to produce transformative innovations. It should be noted that this is neither a software engineering course, nor a strictly theoretical one. The subject will be explored in a holistic manner: with theory informing practice; and practice, in turn, targeting our theoretical efforts. Most days will explore a theoretical topic in the morning, followed by a practical project in the afternoon.

[Teen Tech: Innovation Days](#)

TeenTech Innovation Sessions offer students aged 11 to 18, an insight into world-class organisations and the opportunities that lie within them. You can ask questions, develop your own solutions to global challenges and learn more about different careers.

[Kick Start from Google](#)

Kick Start is a global online coding competition, consisting of three-hour rounds of a variety of algorithmic challenges designed by Google engineers. Participants can compete in one or all online rounds held throughout the year, and will have the opportunity to develop and grow their programming abilities while getting a glimpse into the technical skills needed for a career at Google.

Microsoft Learn

Through Microsoft Learn you can experience online courses about how to get the best out of Microsoft Software from Azure to Microsoft 365 and Dynamics 365. Courses are designed for those interested in careers such as Data Analyst, Security Engineer, Developer, AI Engineer and more.

CyberFirst

The National Cyber Security Centre provides opportunities for young people aged 11 to 17yrs to explore their passion for tech by introducing them to the fast-paced world of cyber security.

CURATION, EDUCATION, INFORMATION AND RESEARCH

Work Experience

[Wildfowl & Wetlands Trust](#)

WWT offer a limited number of work experience placements each year within the following departments: Living Collections (birds, mammals or amphibians), Reserves, Learning. To find out more contact the education department at education.slimbridge@wwt.org.uk

[British Library](#)

Placements at the British Library run between July and August each year and give you the opportunity to experience what life is like working in the UK's national repository.

[Field Studies Council](#)

The Field Studies Council help people learn about the environment so they can make informed choices about how best to protect it. Work experience is organised locally, so contact nearby [FSC Centres](#) to enquire about the possibility of a placement with them.

[Natural History Museum](#)

At the Natural History Museum, you can try to learn about a specific job or area in museum work. You could help re-box and photograph a collection, make unit trays for specimens, re-pin insects, or repair and conserve gallery displays.

Volunteering

[Local Libraries](#)

Public libraries are always looking for volunteers. Select and deliver books to local housebound readers, help man the library desks and shelve books, or run events and clubs. There will also be opportunities to help out in the summer holidays with the Summer Reading Challenge, where you will talk with primary school children about what they are reading, recommend books, and give out stickers! Look at your local library's website for more information.

[Zooniverse](#)

Volunteer for museums and libraries around the world and help them to update and digitise their collections; from bird sightings to criminal records and herbarium specimens to anti-slavery manuscripts, there is something to suit every interest.

Events and Workshops

[UCL and University of London Short Courses](#)

Both these universities have teamed up to offer a range of MOOCs on Teaching and Education which you can complete for free. Consider how technology might transform teaching, what the future holds and how children with difficulties with reading and writing might be supported.

[British Library Behind the Scenes Tours](#)

Enrol for a 75-minute 'Behind the scenes' tour of the Conservation studios to see the work of conservation and gain an insight into the techniques used to care for and digitise the British Library's collections.

DESIGN, ARTS AND CRAFTS

Work Experience

Art UK

Art UK are passionate about providing opportunities to young people with ambitions to pursue a career in the arts and heritage sector. As part of this, they run a Summer Work Experience Programme where students are able to join the team in the Head Offices for a week.

Z-Arts

Throughout the academic year, Z-Arts hosts work experience placements for Secondary School students interested in gaining an insight into a career in the arts or working towards an Arts Award qualification. Students who are interested in a work experience placement at Z-Arts should send an expression of interest directly to Gill Balfour, Creative Learning Officer: gill@z-arts.org

British Airways – Heathrow Corporate and Support Functions

During the BA placement, you will support the British Airways colleagues with all their fundraising needs; this may include organising resources for fundraisers or creating posters to promote events. You will also be involved with events management for upcoming fundraising events, assisting with the preparation to ensure they run smoothly on the night.

Volunteering

Whitechapel Gallery

Whitechapel Gallery are committed to creating meaningful and productive roles for volunteers that will enable them to develop skills, knowledge and experience.

Events and Workshops

Short Courses at UAL

Explore subjects including contemporary art, fashion design, digital media, illustration and photography, or discover our range of courses specially designed to help you build a portfolio ready for further study. Courses are suitable for every level all designed with appropriate class sizes, so tutors can help each individual improve their knowledge and get to the next level.

The Creative Dimension Trust

TCDT offers a wide range of workshops from stone letter carving to sign writing on skateboards and architectural model making. The Trust is determined to show their talented young attendees the vast range of potential employment opportunities related to the transferable skills developed through their diverse programme.

Debate Chamber - Classical Civilisations Summer School

The Classical Civilisations Summer school is an exciting opportunity for students to explore the history, literature, material culture, philosophy and international relations of ancient Greece and Rome. The thinkers, fighters, rulers and poets of the classical period have all had a profound and transformative impact on Western culture – many of their names and ideas are commonplace and familiar even today, but the reality of their worldviews and their day-to-day lives is often surprisingly alien. For over 2000 years of Western history, each generation has rediscovered, reinterpreted and made its own use of the classical legacy, which has proved an endlessly fertile source of inspiration and intellectual challenge.

ENGINEERING, MANUFACTURING AND PRODUCTION

Work Experience

[Rolls Royce](#)

The Rolls Royce experience programmes give you the chance to see first-hand how they use STEM subjects every day, while working alongside experts on some of the most ground-breaking power systems ever built.

[British Airways – Heathrow Engineering and Operations](#)

In the BA placement for Engineering and Operations, you'll delve behind the scenes of airport operations and enjoy an introduction to a range of roles such as a Turnaround Coordinator. You'll develop resilience and discover how we have real passion and pride for delivering customer-focused service, with safety-minded people working inside and out and on shifts. Placements are also available at [Gatwick](#).

[Siemens](#)

Work experience at Siemens provides an insight into what it is like to work for a leading engineering business. Their programme provides a hands-on and project-based placement. Siemens is committed to providing over 100 placements, across 10 UK locations in a range of disciplines from engineering to project management.

[Bentley](#)

If you are aged between 14 to 19 years old and want to delve into some work experience at Bentley, is a great way to get a snapshot of what you might do in Bentley's Engineering, Manufacturing and Commercial departments. You will get under the skin of your chosen area, as well as insight on the day-to-day running of a business. This programme is accredited to Gold Standard by Fair Train.

Events and Workshops

[New Scientist Live](#)

New Scientist Live is for everyone from the curious to the big thinkers. Whether you are looking for a fun day out, or night, or to advance your own knowledge, New Scientist Live is a show you will be talking about for months to come.

[British Airways Engineering Programme](#)

This is an exciting new programme in partnership with the Air League Trust and Aston Martin, designed to inspire the next generation of engineers. The programme will be aimed at 14 to 18-year olds to provide practical experiences to showcase engineering within aviation and automotive industries.

ENVIRONMENT, ANIMALS AND PLANTS

Work Experience

Surrey Docks Farm

The Surrey Docks Farm offers work experience placements for students looking to gain practical animal care experience with the Livestock Team.

National Trust

The National Trust offers fun, challenging, unusual and interesting work experience opportunities at some of their sites. They can be a great opportunity for you to learn about the world of work. They focus on quality, not quantity, so they cannot guarantee a place for everyone.

Met Office

Anyone aged between 14 and 17 can come and spend a week at the Met Office to get a better understanding of what takes place behind the scenes, much more than the weather forecasts you see on the television. Through group work, attending seminars and completing projects, the work experience programme offers a glimpse of what it is like to work for a large, world-leading organisation.

Wildfowl & Wetlands Trust

WWT offer a limited number of work experience placements each year within the following departments: Living Collections (birds, mammals or amphibians), Reserves, Learning. To find out more contact their education department at education.slimbridge@wwt.org.uk

Into Biology

What is it like to be a scientist in a research lab? What would your average day be like? How can you get work experience there? And what's really going on at the cutting-edge of plant science? There are plenty of opportunities for A-level students to experience life in a professional plant science labs.

Volunteering

Act for Conservation

With 56% of UK species in decline and 52% of the general public unaware of the threats facing our wildlife, it is time we let our voices be heard. Find out how to join our youth movement and take action.

Green Gym London

The Conservation Volunteers work across many green sites in the borough, from small hidden nature areas generally unseen by the public, to urban woodlands, town greens and major public spaces like Regent's Park and Waterlow Park.

Woodland Trust

The Woodland Trust welcomes every volunteer, whatever your skills or background, however much time you can give. From looking for signs of tree disease to writing for our website, you can make a difference.

Zooniverse

Volunteer for museums and libraries around the world and help them to update and digitise their collections; from bird sightings to criminal records and herbarium specimens to anti-slavery manuscripts, there is something to suit every interest.

Events and Workshops

[New Scientist Live](#)

New Scientist Live is for everyone from the curious to the big thinkers. Whether you're looking for a fun day out, or night, or to advance your own knowledge, New Scientist Live is a show you'll be talking about for months to come.

[Ecology and Wildlife Conservation – University of Leeds](#)

The course is for anyone with a general interest in ecology and wildlife conservation, but it will be particularly useful for students at high school who want to study conservation biology, zoology or biology at university level.

FASHION, HAIR AND BEAUTY

Work Experience

[FashionCapital](#)

Launched in 2001 FashionCapital is a one-stop online resource with a dedicated team of mentors and industry experts to ensure users receive a unique and comprehensive insight into the world of fashion, manufacturing and business. They are known to help students find work experience placements.

[Boots UK](#)

Boots Beauty Specialists are at the heart of the Boots Beauty Halls. They have re-imagined the shopping experience with a new beauty playground for customers to explore, get hands on and receive personal and expert advice.

Volunteering

[Look Good Feel Better Charities](#)

Selected charities take on volunteers to help them with events, projects or workshops. The Look Good Feel Better charity provides make up workshops for cancer patients, they have volunteers from within the beauty industry to demonstrate to and help patients during the workshops.

[Hospitals](#)

Hospitals take on volunteers to provide massage and beauty treatments to patients to help with their wellbeing.

[Hospices](#)

Like hospitals, hospices take on volunteers to provide massage and beauty treatments to patients to help with their wellbeing.

You can also try contacting make-up artists and hairdressers and offer to assist for them on photo shoots and shows etc.

Events and Workshops

[The Summer Fashion School London](#)

There are four programmes available at the Summer Fashion School London which teaches fashion to inspire unlock creativity, promote life skills and provide an early insight into the best future career option. It also gives you a fascinating introduction to the varied current world of fashion.

[Short Courses at UAL](#)

Short courses and various subjects at UAL include contemporary art, fashion design, digital media, illustration and photography specially designed to help you build a portfolio ready for further study. Courses are suitable for every level all designed with appropriate class sizes, so tutors can help each individual improve their knowledge and get to the next level.

[Fashion Technology Academy – Taster Courses](#)

Create your own dress, skirt or shirt. Learn how to cut a pattern, thread a sewing machine and upcycle.

[London Fashion Week](#)

London Fashion Week takes place twice a year in February and September, showcasing over 250 designers to a global audience of influential media and retailers.

Vitality Magazine

The British Association of Beauty Therapy & Cosmetology's magazine brings you the latest updates, advances and news from the Beauty industry.

HEALTHCARE

Work Experience

Chelsea and Westminster Hospital

Work experience placements at the Chelsea and Westminster Hospital involve a short-term commitment shadowing a doctor, clinician, nurse, allied healthcare professional or non-clinical teams, usually for 3 to 5 days during the week. Activities can include the opportunity to observe clinical care on the wards, view procedures, visit outpatient clinics and attend multidisciplinary meetings.

- 16+ years old—can attend medical departments, wards/clinics
- 17+ years old—can observe in adult theatres/surgery departments/Emergency Department (adult branch)
- 18+ years old—suitable for paediatrics areas including paediatric theatres, obstetrics, gynaecology and maternity placements, Emergency Department (Paediatric branch)

Student Ladder – Medicine/Dentistry

Most medical & dental schools require you to have some relevant work experience. Because it is so competitive this is now almost compulsory and without it, you will significantly reduce your chances. This should be in a health-related field or any 'caring' setting. Student Ladder gives you a range of suggestions of where you could apply.

NHS Royal Free London

Most work experience attachments are from school students wanting to sample healthcare before considering onward choices about subjects related to medicine. There are many aspects to healthcare from 74 nursing to medicine, management to finance, surgery to counselling, catering to pharmacy, transport to security, all of which make up the 24/7 community of carers.

GSK

GlaxoSmithKline Plc is a British multinational pharmaceutical company. They offer work experience programmes for GCSE and A-Level (or equivalent) students at fixed times during the year across a small number of their sites.

Volunteering

NHS England

Many NHS organisations and charities need help from volunteers. This is a great way to get involved in the community. There are volunteer centres across the country, and many NHS trusts have volunteer managers you can contact if you want to find out about volunteer opportunities in your area.

Events and Workshops

Debate Chamber – Dentistry Summer School

Dentistry is a rapidly evolving field of medicine, and one which can make profound changes to people's everyday lives. Unlike many medical specialisms, dentistry involves face-to-face interactions with patients, requiring strong communication skills, at the same time as the practical elements of dental surgery. The Summer School covers dental consultations, diagnosis of dental problems, restorative procedures, orthodontics, cosmetic dentistry, periodontology and oral and maxillofacial surgery.

Debate Chamber – Medicine Summer School

The Medicine Summer School is a fun and interactive introduction to the world of medicine, which allows students to learn the theory and also to begin to develop the practical skills involved in being a doctor. Detailed case studies are used to consolidate knowledge at each stage. Groups of students will be presented with information about a patient's primary symptoms, teams will then order their tests, draw conclusions from these tests and present their findings, including their treatment recommendations, to their fellow medics.

New Scientist Live

New Scientist Live is for everyone from the curious to the big thinkers. Whether you're looking for a fun day out, or night, or to advance your own knowledge, New Scientist Live is a show you'll be talking about for months to come.

Great Ormond Street Hospital (GOSH)

GOSH is recognised as a world leader in child health education. It encourages and supports visitors to undertake placements to learn more about the work they do.

LANGUAGES AND CULTURE

Work Experience

National Trust

The National Trust offers fun, challenging, unusual and interesting work experience opportunities at some of their places. They can be a great opportunity for you to learn about the world of work. They focus on quality, not quantity, so they cannot guarantee a place for everyone.

Museum of London

The Museum of London's work experience placements involve a range of activities and provide a general overview of the workings of a museum across a variety of departments. They run for 5 days (Monday-Friday) and are open to young people aged 14 to 18.

Natural History Museum

Learn about a specific job or area of museum work at the Natural History Museum. You could help re-box and photograph a collection, make unit trays for specimens, re-pin insects, or repair and conserve gallery display.

Halsbury Work Experience

Need to boost your language skills and your confidence in speaking and listening? During the Halsbury work experience trips (based abroad), you will have the opportunity to spend a week working in a local business, using your language skills on an everyday basis. You may be nervous to begin with, but by the end of the week you'll be more confident and independent, and ready to ace your exams!

Christella Antoni Voice and Speech Services: Observation Day

Learn about speech and language therapy and working as a voice specialist. There are opportunities for questions and insights from a least two speech and language therapists as well as observations of live and direct therapy.

Volunteering

Holocaust Memorial Day Trust Youth

The programme associated with the Holocaust Memorial Day Trust Youth organisation empowers young people aged 14 to 24 to take action for Holocaust Memorial Day (HMD) through organising their own activities or events to raise awareness of HMD in their community and amongst their peers.

Whitechapel Gallery

Whitechapel Gallery are committed to creating meaningful and productive roles for volunteers that will enable them to develop skills, knowledge and experience.

Events and Workshops

Short Courses at UAL

Explore subjects including contemporary art, fashion design, digital media, illustration and photography, or discover the range of courses specially designed to help you build a portfolio ready for further study.

Courses are suitable for every level all designed with appropriate class sizes, so tutors can help each individual improve their knowledge and get to the next level.

LEGAL AND POLITICAL SERVICES

Work Experience

[Student Ladder – Law](#)

Solicitor practices and Barrister chambers make up the law industry, in addition to in house legal departments. There are a number of law firms offering work experience.

[Matrix Chambers](#)

Matrix Chambers aim to give students a taste of work in a modern legal practice and busy office environment. If you have any general enquiries, please email the work experience coordinator, Zuwaina Nelson workexperiencequeries@matrixlaw.co.uk

[Pinsent Masons](#)

During the weeklong work placement at Pinsent Masons, you will get a full overview of what it is like to work in a leading commercial law firm with Pinsent Masons.

[Hardwicke](#)

Hardwicke is committed to providing opportunities for young people to have access to the Bar and life in chambers. They provide information, make connections and demystify what it is like inside a barrister's chamber.

Volunteering

[British Youth Council](#)

The British Youth Council is a youth-led charity, that empowers young people aged 25 and under to influence and inform the decisions that affect their lives. They support young people to get involved in their communities and democracy locally, nationally and internationally, making a difference as volunteers, campaigners, decision-makers and leaders.

[European Youth Parliament UK](#)

Each year EYPUK runs three different event programmes: EurVoice, Regional Fora and National Sessions. Delegate participation in EYPUK events is open to 14 to 18-year olds in the United Kingdom, regardless of school or background.

Events and Workshops

[Debate Chamber – International Relations Summer School](#)

The five-day course led by the International Relations Summer School will include core theory, detailed case studies, and lots of exercises and debates to put your knowledge into practice. It is particularly recommended for anyone considering IR, War Studies, Politics, PPE or related disciplines at university, but is also suitable for anyone with an interest in discovering more about how world politics works.

[Debate Chamber – Law Summer School](#)

This year, the Summer Law School was divided into three parts, the first part covered criminal law (including inchoate offences), advocacy skills, family law and jurisprudence; the second part covered contract law, civil wrongs (including defamation), corporate law and insolvency law; and the third part covered international law, human rights, constitutional law and judicial review.

Debate Chamber – Politics Summer School

The Politics Summer School explores the underlying reasons for the radical shifts of recent years, and equipping students with the knowledge and analytical tools to begin to develop their own opinions as to where we will go next, and how they might be a part of those changes. With seminars and workshops on both political science and theory, including the future prospects for democratic decision-making, representation and freedom, human rights, populist movements and political economy, this Summer School offers a fast-paced and fascinating look at a discipline which is in a state of very rapid development.

LEISURE, SPORT AND TOURISM

Work Experience

[Student Ladder – miscellaneous](#)

This Student Ladder site offers a variety of different roles, mainly from retail or consumer companies. Often the work experience is business orientated.

[British Airways – Heathrow Customer](#)

There are several programmes offered by BA, from service delivery and training, to cabin crew and pilots, all of which centre around providing customers with the unique British Airways experience.

[British Airways – Heathrow Corporate and Support Functions](#)

Having a placement with the Corporate and Support Functions, you will support the British Airways colleagues with all their fundraising needs; this may include organising resources for fundraisers or creating posters to promote events. You will also be involved with events management for upcoming fundraising events.

[Youth Hostel Association](#)

These opportunities are a great way to get to know what it's like to work for YHA and gain valuable work experience in the travel and tourism sector. YHA is a national charity working hard to transform the lives of young people with travel and real adventure.

Volunteering

[The London Youth Games](#)

You can volunteer as an official in any of the 30 sports with the registration of competitors and the recording of results or assist with the wider competition. You can help take part in medal ceremonies, give out event information or help organise the hospitality arrangements. Other roles include being a photographer, a videographer, a reporter or a journalist or help us keeping the social media up to date. You can try out different roles at different events, to find the perfect role for you.

[YMCA club](#)

The YMCA club has multiple volunteering opportunities within the programme, from teaching sports to mentoring younger children. They accept volunteers from the age of 15, providing a platform to begin understanding the world of work and the responsibilities associated with it. Roles include Health and Fitness Advisor, After School Sports Assistant/Tutor, and Playscheme Volunteer.

[Be Inspired](#)

Be Inspired will help you get the most out of sport. Whether you want to watch or play sport or volunteer at major events or your local club, they can help you get involved with guidance on where to go next.

Events and Workshops

[Young Athletes Camp](#)

The camps are designed for 12 to 17-year-old middle distance runners of all abilities to improve their knowledge and performance whilst enjoying a fun packed camp agenda.

Institute of Hospitality

The Institute of Hospitality is the professional body for managers and aspiring managers working and studying in the hospitality, leisure and tourism industry.

MARKETING, ADVERTISING, MEDIA, PRINT AND PUBLISHING

Work Experience

[Student Ladder - Media](#)

The media industry comprises of many different types of companies from TV, radio and newspapers to publishing firms, digital media, advertising and PR agencies. There is a plethora of creative roles available and the earlier you get exposure the greater your chances of securing a role in the longer term.

[M&C Saatchi Group](#)

M&C Saatchi Group consists of specialist communications agencies in advertising, customer communications, mobile, PR, research & insight, social marketing, sponsorship and celebrity talent management. They run a work placement scheme which offers a couple of weeks work experience in account management or strategy some time from Easter onwards. Apply January. It is open to all (GCSE students up).

[Cambridge University Press](#)

The internships are paid and usually take place in the summer, although occasionally openings are available throughout the year. Cambridge University Press proud to partner with Creative Access on a six week summer programme in Cambridge. The interns are encouraged to use the opportunity to network and meet a wide range of people across all areas of publishing. They gain insights into the operations of a global publishing house, as well as valuable contacts and hands-on experience, which can be instrumental in gaining employment.

Volunteering

[Open Book Publishers](#)

Open Book Publishers welcome volunteers of different levels of skill and experience and it is possible to work remotely in some instances. There is an opportunity to try out a wide range of key aspects, including marketing, editorial and text-formatting tasks.

Events and Workshops

[Short Courses at UAL](#)

Explore subjects including contemporary art, fashion design, digital media, illustration and photography, or discover the range of courses specially designed to help you build a portfolio ready for further study. Courses are suitable for every level all designed with appropriate class sizes, so tutors can help each individual improve their knowledge and get to the next level.

[BBC Academy](#)

The BBC Academy training and development is designed to support the BBC and the wider industry to inform, educate and entertain.

PERFORMING ARTS AND MUSIC INDUSTRY

Work Experience

[Royal Opera House](#)

The Royal Opera House is passionate about inspiring people to choose careers in the arts sector, particularly in backstage areas that they may not previously have considered. Through First Stage, the Royal Opera House offers people who are either in education or in the early stage of their career the opportunity to gain practical experience and invaluable insight into their working environments.

[The Ambassador Theatre Group](#)

ATG theatres are receiving houses, which means they host touring productions created by companies outside of the theatre itself. Their work experience opportunities are for students aged 14+ and include front of house roles, food & hospitality, and venue management.

[London Bubble Theatre Company](#)

London Bubble's vision is to provide the artistic direction, skills, environment and resources to create inspirational, inclusive, involving theatre, which shares stories that animate the spaces of the city and the spirits of its citizens. They offer work experience and volunteering opportunities on a case by case basis.

[Wired4Music](#)

Wired4 Music shares music events, courses, jobs and opportunities for people aged 16 to 25 in London. These are some of the most exciting music projects happening in the capital all created with, for and by Londoners.

[Youth Music](#)

The Youth Music Opportunities Board is the place for those developing careers in the music industries to look for performance opportunities, competitions, work experience, training, networking and paid internships to develop skills and gain experience.

Volunteering

[Shakespeare's Globe](#)

The Shakespeare's Globe runs hundreds of events a year, you may be able to guess what some of them are, but others may come as a surprise. Their team of 600 volunteer stewards ensure that each one happens as smoothly as possible.

[Angel Shed Theatre](#)

Gain valuable experience working in a professional theatre company and with children and young people as a Young Creatives Volunteer. Lead and support groups of children and young people, including those with additional needs, help to develop workshops and performances, and perform alongside Angel Shed members in termly shows.

Events and Workshops

[Short Courses at UAL](#)

Explore subjects including contemporary art, fashion design, digital media, illustration and photography, or discover the range of courses specially designed to help you build a portfolio ready for further study. Courses are suitable for every level all designed with appropriate class sizes, so tutors can help each individual improve their knowledge and get to the next level.

[BBC Academy](#)

Looking for your first big break in TV drama? Or maybe you're a radio scriptwriter with an eye on that all-important next move? Get insider tips from the pros who have done it so you can navigate a career in one of the UK's most successful creative industries.

[Performance Summer School: Bass, Drums, Guitar, Vocal](#)

For five days, ICMP are opening their doors to help musicians hone their skills, not only as an artist, but as an all-round performer. You'll sharpen your understanding of timing when playing with a group, improve technical patterns specific to your instrument, all within multiple genres, ranging from funk and soul, to blues and rock.

[Songwriting Summer School](#)

A series of intensive workshops run by ICMP will help focus your creative process and teach you the theory behind great songwriting. Vocal technique, performance, and marketing for the music industry will all be subjects of discussion during the week.

[West End Junior Academy](#)

The West End Junior Academy runs a course for those aged 11 to 15 which is a fantastic opportunity to train with West End cast members and learn more about how the West End theatre world works.

[Royal Central School of Speech and Drama](#)

A courses run by the Royal Central School of Speech and Drama is for students age 6 to 17 years who will work as a team, extensively on the use and interpretation of text, and develop skills in voice, movement and acting.

RETAIL, SALES AND CUSTOMER SERVICES

Work Experience

British Airways – Heathrow Customer Service

The BA scheme has several programmes, from service delivery and training to Cabin Crew and Pilots, all of which centre around providing customers with the unique British Airways experience.

British Airways – Heathrow Corporate and Support Functions

During a placement with the Corporate and Support Functions group, you will support the British Airways colleagues with all their fundraising needs; this may include organising resources for fundraisers or creating posters to promote events. You will also be involved with events management for upcoming fundraising events, assisting with the preparation to ensure they run smoothly on the night.

Centrica

During a 2-week work experience at British Gas/Scottish Gas, you will gain an awareness of our products and services and have an opportunity to spend some time with a customer services team, plus shadow engineers installing and servicing heating products and energy systems.

The Ambassador Theatre Group

ATG theatres are receiving houses, which means they host touring productions created by companies outside of the theatre itself. Their work experience opportunities are for students aged 14+ and include front of house roles, food & hospitality, and venue management.

Boots UK

Boots Beauty Specialists are at the heart of the Boots Beauty Halls. They have re-imagined the shopping experience with a new beauty playground for customers to explore, get hands on and receive personal and expert advice.

Volunteering

Charity Shops

Many charity shops offer sales and customer service volunteer opportunities in store. The benefits you gain are customer service, retail skills, problem solving, teamwork, merchandising, IT and administrative skills.

Events and Workshops

The Business Show

The Business Show is the biggest business event in Europe and offers endless networking and learning opportunities with leading experts from every corner of the business world.

SCIENCE, MATHEMATICS AND STATISTICS

Work Experience

[Rolls Royce](#)

The Rolls Royce work experience programmes give you the chance to see first-hand how they use STEM subjects every day, while working alongside experts on some of the most ground-breaking power systems ever built.

[Fera Science Ltd Internship](#)

Gain valuable work experience and develop your skills through a placement within a renowned science company. You will have the chance to take responsibility to impact on our business success. They provide dedicated support and development opportunities to help you get the most from your time with them.

[Student Ladder - Science](#)

There are many roles that have science as their base. These include engineering, technology, and scientific research. Some of the work placements listed on Student Ladder will give you exposure to these environments.

[The STEM Exchange](#)

Sign up to the STEM Exchange now and you can access work experience, work shadowing, webinars and a whole host of other opportunities from across a whole range of STEM industries. Getting work experience lets you see what these industries are really like to work in. It's also a great way to show your proactivity and to demonstrate your drive and enthusiasm to future employers.

[Imperial College London](#)

Imperial College London offers a non-residential programme aiming to provide participants with an insight into the exciting world of study and research which Imperial College London are proud of.

[Royal Museums Greenwich](#)

Royal Museums Greenwich is home to the Royal Observatory Greenwich, the iconic historic sailing ship Cutty Sark, the National Maritime Museum and the Queen's House Art Gallery. Work experience opportunities are available in the summer holidays, including in the Science and Astronomy department.

Events and Workshops

[New Scientist Live](#)

New Scientist Live is for everyone from the curious to the big thinkers. Whether you are looking for a fun day out, or night, or to advance your own knowledge, New Scientist Live is a show you will be talking about for months to come.

[Debate Chamber – Mathematics Summer School](#)

An opportunity to explore some of the most exciting and challenging ideas in contemporary mathematics. Each course consists of a structured 5-day programme led by a team of expert tutors. Typically, students will develop a theoretical understanding of a particular area of mathematics in the morning session, before exploring the practical applications of these theories in the afternoon.

Debate Chamber – Physics Summer School

Each course consists of a structured 5-day programme covering a selection of interesting and diverse topics, ranging from black holes and time travel to the search for exo-planets and life outside our solar system. This Summer School is particularly appropriate for students who may be considering further study of physics, mathematics or engineering at undergraduate level, or who are interested in related disciplines such as chemistry or computing.

Mission Discovery: Space and STEM Summer School

Mission Discovery invites 14 to 18-year-old students to spend a week working in teams of six, under the guidance of NASA Astronauts, NASA personnel, rocket scientists and world-renowned professors. The goal is to design an experiment, which could benefit the human race, whether it is on Earth, the Space Station, Mars, the Moon or beyond!

SECURITY, EMERGENCY AND THE ARMED FORCES

Work Experience

British Red Cross

Work experience at the British Red Cross takes place at their head office in London and is open to students aged 15 to 18. The placements offer you an opportunity to gain experience within different departments. You will also get an insight into the work of the British Red Cross.

Lockheed Martin

From mail sorting technology to helping build the UK's first commercial spaceport, Lockheed Martin's innovations and partnerships help solve some of the world's most complex challenges, contributing to the UK's defence, security and prosperity.

Cadet Programmes

Volunteer Police Cadets

The VPC is a diverse group of young people aged from 8 to 18 years, who have a desire to support their local communities and gain a practical understanding of policing, developing their leadership skills by undertaking challenging social action projects in their communities.

Air Cadets

Aside from flying, the air cadet programme involves sports, target shooting, adventure training and is great fun. You'll soon find that being an air cadet has its own reward and you will see the benefits of your own efforts in building on your achievements and earning BTECs and DoE Awards. You will be expected to take part in as many of the activities as possible.

Army Cadet Force

Become an Army Cadet and you will spend your spare time taking part in adventurous activities like rock climbing, mountain biking, archery and abseiling. There will also be plenty of chance to play all your favourite sports because the ACF has competitions for both boys and girls at county, regional and national level.

Sea Cadets and Royal Marines Cadets

Sea Cadets involves a lot of learning through activities on the water and off the water. The volunteers lead by example. You get to meet other cadets at events around the UK, on trips abroad, meeting people from different places and backgrounds, getting confident in dealing with new situations, all which can make going out into the world so much easier later on.

St John's Ambulance Cadets

Life-saving skills are at the heart of this Cadet programme for 10 to 17-year olds. There is also the opportunity to use these first aid skills by supporting adult volunteers at events. Some Cadets work towards their Grand Prior's Award. As part of the Award, you'll be able to take part in a wide range of activities.

Events and Workshops

Armed Forces Week

Armed Forces Week gives the public the chance to discover more about the work of the UK Armed Forces with each day dedicated to celebrating a different part of the military.

SOCIAL WORK AND COUNSELLING SERVICES

Work Experience

[King's College London](#)

The Institute of Psychiatry, Psychology & Neuroscience offers work experience placements for school children studying at GCSE level who are seeking a general understanding of a relevant work setting through supervised work experience activity over a short period of time.

[Royal Free London](#)

The Royal Free London NHS Foundation Trust does not currently offer a centralised work experience programme, however there are many responsible clinicians and staff in senior posts that would be willing to support a few placements per year. It is for an individual department to decide if a work experience placement can be accommodated and to make the necessary arrangements.

Volunteering

[London Youth – Youth Social Action](#)

Every young person in London should have access to such opportunities to develop aspirations and reach their potential. Through becoming active participants and leaders at their youth organisation and in their community, young people can display their talents and celebrate their achievements.

[Mind – Youth Voice Network](#)

By joining the Youth Voice Network, you will be offered a range of ways to get involved and shape Mind's work in England and Wales. They want to hear from young people with and without personal experience of having mental health problems. You just need to be between the ages of 11 and 24 and be ready to make a difference.

[Age UK](#)

Volunteer to talk to a lonely older person. Be part of your community and provide vital support for neighbouring older residents. Be inspired to raise money so that they can get the help they deserve and need.

[Bankuet](#)

Bankuet was set up to make it easier to find a food bank in the UK. You can volunteer and donate to food banks across the UK via their link.

Events and Workshops

[The Society of Analytical Psychology](#)

The Society of Analytical Psychology is a professional body for Jungian analysts and psychotherapists. It offers public talks for people interested in exploring Jungian ideas and their application. These include clinical areas (such as Dreams and the Shadow), as well as talks that present a psychotherapeutic perspective on literature and art.

[The Weekend University](#)

The Weekend University aims to make the best ideas in psychology more accessible to the general public. To do this, they organise 'lecture days' at the weekends where you get a full day of talks from the UK's leading psychologists, and university professors.

TRANSPORT AND LOGISTICS

Work Experience

[Brompton Bicycle](#)

Do you have a high interest in cycling? Do you love Design and Product Development? Do you wish to pursue a career in Manufacturing Engineering? Are you curious as to how Brompton raise their product and brand awareness through the power of Marketing? And how they interact with their customers and keep the business turning? Brompton Bicycle offers two work experience weeks a year, so keep an eye out for them.

[British Airways](#)

The BA Work Experience Programme covers 26 departments and has been awarded a Gold Standard by Fair Train. Each placement runs for five days and students are regarded as valued team members.

[British Airways – CityFlyer](#)

A placement with BA-Cityflyer gives you the opportunity to rotate around the different operational areas of London City Airport. Spending time with the cabin crew, flight crew and engineering teams, you will get to experience the different parts of the customer journey and how everyone comes together to deliver an outstanding service.

[Lockheed Martin](#)

From mail sorting technology to helping build the UK's first commercial spaceport, Lockheed Martin's innovations and partnerships help solve some of the world's most complex challenges, contributing to the UK's defence, security and prosperity.

Volunteering

[TfL Youth Panel](#)

The Youth Panel consists of approximately 25 volunteers, aged 16 to 25, who regularly travel in London. They play an important role in helping create a transport network that works for them and other young people across our city.

Events and Workshops

[British Airways – Your Flying Future Workshops](#)

British Airways host 4 events a year for students aged 13 to 17 to explore further how to become a pilot. The evening events will consist of interactive workshops to showcase the role of a pilot, and the chance to engage face-to-face with our pilot community.

[Inovate TfL](#)

Inovate TfL is an annual competition which offers the opportunity for groups of young people in Years 12 and 13 to work together to come up with an innovative solution to a real TfL challenge.

[Women in Logistics Conference](#)

The Women in Logistics forum addresses gender imbalance in the profession, enabling the logistics industry to benefit from female talent.

WEBSITES FOR ALL

Student Ladder – Miscellaneous

The Student Ladder was set up several years ago to help students from 16 to 24 find constructive work experience. It is a destination aimed to bring students looking for work with employers offering it. They aim to provide as many job opportunities/schemes for students as possible. This way, the site offers a comprehensive one stop shop for students looking for work, across all sectors. You will not find another site with more listed work placements.

Vinspired

Www.vinspired.com is the UK's only online platform dedicated to connecting young volunteers with the causes they care about, helping them build skills, networks and confidence. Since 2009, it has helped 1.4 million young people to volunteer with over 8,000 charities and log 4.7 million hours of volunteering.

HeadStart

HeadStart can help you in so many ways. Whether you are thinking about entering further education, going into work, taking up an apprenticeship, or just want to improve your general confidence and experience for the future, HeadStart has something to offer you.

Fair Train

Fair Train is the expert in work experience in the UK. It champions high quality work-based learning throughout the UK such as work experience, study programme/T-Level placements, traineeships, internships, volunteering (when for increased employability) and apprenticeships. They do this through the nationally respected Work Experience Quality Standard accreditation and a range of expert services and events.

Groundwork

Work experience is a great way to learn more about the world of work and gain valuable skills and experience that will look great on your CV. By researching and arranging your own placement you will have a better chance of working in an industry or profession you are actually interested in.

Young Professional

With free Young Professional training you can boost your life and work skills. They'll help you every step of the way, wherever you live in the UK.

Prospect

Looking for that perfect career? Prospect have guided millions of students to make the right choice. Match your skills and personality to 400+ job profiles.

Targetcareers

TARGETcareers is part of [GTI Media](#). GTI has been helping young people figure out their future and find work since 1988. In 2015 the TARGETcareers website was launched for 15–18 year olds, packed with information and advice from our in-house team of expert careers writers. The TARGETcareers website has masses of information and resources available for free. Help is available for students in deciding which career interests them and how to discover the different routes into it, for some careers you can choose between starting work at 18 or going to university first. You can find opportunities via the database of school leaver programmes or database of university courses. There's also a handy A to Z of UK universities.