

Virtual experiences of the workplace and virtual training opportunities gathered from across the network

Accountancy

BDO

[Summer school - BDO Early in career](#)

Explore BDO Insight Programme 1st – 5th August 2022

The week-long virtual programme has been designed to give school leavers an insight into life at a leading UK accountancy firm. Through a mixture of session types, they'll meet recent apprentices and senior leaders as they discover that accountancy is about much more than number-crunching. They'll learn professional skills they can add to their CV and will have the opportunity to be fast-tracked onto our 2023 summer school or 2023 school leaver apprenticeship process.

We believe student's career prospects should be defined by their talent and drive, not their background. That's why we've created this programme exclusively for students in Years 11-12 who attend a state school and meet our social mobility criteria based on the job of the main earner in their household.

Arts and Heritage

Art UK

[Art UK | Participate Volunteer | Work experience](#) is a cultural education charity who digitise artworks, support public support local art collections by improving their accessibility and sustainability. They offer a week-long online placement where they schedule a full programme of activities across a variety of teams across the organisation (Commercial, Content, Copyright & Licensing, Development, Digitisation, HR, Operations & Resourcing) and is designed so that participants learn more about the variety of career opportunities available in the arts and heritage sector. Where possible, within the week, one day of the work experience is spent shadowing within a local collection whose artworks are included on Art UK. In-line with their stated aims of democratising art, they particularly welcome applications from individuals who experience physical, mental, or social barriers to accessing the arts.

Biodiversity/ Conservation

[Operation Wallacea \(paid\)](#)

A range of week-long internships with live online mentoring, a daily schedule, regular deadlines and constant contact with managing staff. Prices start from £100 for 5 days and run throughout August and September.

Construction

Plumbing

[Introduction to Plumbing](#)

Great way of gaining some basic Plumbing knowledge if you are considering a career in this industry

Carpentry

[Introduction to Carpentry](#)

If you are considering a career as a Carpenter, then this course will introduce to the basic principles of structures and what is involved in being a Carpenter.

[Introduction to the Electrical trade](#)

This online course will give you a free introduction to the electrical trade, electrical safety, and electrical theory.

[Introduction to Masonry](#)

This free online masonry course will teach you about essential masonry tasks, such as the spreading of mortar, furrowing, buttering, and bricklaying

Digital Technologies

idea.org.uk You can work your way towards various 'badges' in IT safety, digital creativity and techniques to gain more knowledge and skills in coding and cyber security. If you complete enough points in the same section, you will obtain an online badge

[Cyber Discovery](#)

A chance to learn from industry experts and take part in over 200 free cyber security challenges

[National Cyber Security Centre](#)

A website dedicated to helping the UK's next generation of cyber professionals through a variety of free courses for 11-17 year olds and exciting competitions.

[Vodafone 1 week virtual Innovator programme](#)

1-Week virtual Innovators programme in Feb half term, designed for Year 12s are now open. On the programme students will be immersed in our business functions, working on a real-life business project, undertaking employability skills workshops, and learning about our current Graduate and Apprentice journeys.

Education and Public Services

Teaching

[The World of the Primary School](#) Considering becoming a Primary Teacher? This will be a great introductory course about the profession.

Policing

[Sure, I Know How to Talk to People](#) A great introduction to the Police Force using one of the most important skills, communication.

General Employability

[WorldSkills UK | Raising Apprenticeships & Technical Education Standards](#) are an independent **charity** and a partnership between employers, education and governments. Their stated aim is to use international best practice to raise standards in apprenticeships and technical education so more young people and employers succeed. Some of their recent initiatives include:

'Spotlight on Green Jobs' [Spotlight on Green Jobs - WorldSkills UK](#), an online insight event held on 9-10 March where they brought together a variety of employers and apprentices to inspire young people from all walks of life to consider the vocational pathways which will lead them to green careers. Sessions were broken down into 30-minute slots to fit into school timetables and contain live Q&As, videos and expert career advice. Examples of the topics explored included:

- The role of STEM in building a green economy
- Practical examples of how to use IT to reduce carbon footprint
- Emerging technologies to support a greener future

'Skills Competitions' [Find And Enter A National Skills Competition | WorldSkills UK](#) designed by industry experts, to assess student's knowledge, practical skills, and employability attributes against set criteria in a competitive timed-environment. Competitions are held in stages throughout the year and are designed to contribute to participants' personal and professional growth and preparation for employment. As well as building on their technical skill set, they aim to help competitors become well-rounded individuals by evolving their professional and personal skills throughout the process. They offer these competitions across multiple industries and professions including construction & infrastructure, Hospitality, Digital/Creative and several others.

[FreeFormers](#) This is an interactive video of someone on a work experience placement, at a Technology company You don't need to be interested in Technology to do this virtual work experience. It gives you a great idea of what it would be like to carry out a work experience placement in a real company to give you a 'feel' for going into a new company and meeting new people. You will need to follow the link above and register an account to access the video.

[World of Work](#) This is a great variation of work experience which explores a variety of types of work and also employability skills. You don't need to register. You must click on the tab which says Monday and complete the 4 lessons on that. You must then choose at least 1 of the other days (for example Thursday) and complete the 4 lessons You don't register on this so you must let your careers teacher know if you choose this option and which days you will be working through – they will then be able to access the certificate.

[InsideSherpa](#)

An excellent website which offers virtual work experience placements from a range of companies, from banking to careers in tech. Most options last up to six hours and involve tutorials, videos and activities.

[InvestIn](#) *(paid)*

Aimed at students between 14 and 18 years old, InvestIn offers an impressive array of virtual work placements involving real life work and contact with professionals. This is a paid service, and placements range from one day to one week. Prices start from £90.

[Oak National Academy](#) *(aimed at students in Year 10)*

A virtual 'work experience week' with access to videos, lessons and insights into a range of different industries and careers.

[Speakers4Schools](#)

Recently launched, Speakers4schools aims to provide a level playing field by connecting young people to high quality virtual work placements. Register to stay up to date with their latest developments.

[Youth Opportunities](#)

An online platform providing a range of virtual work experiences including workshops, fellowships and internships. External companies are free to post opportunities, so we strongly recommend you encourage your child to research all options thoroughly before applying.

[Barclays Life Skills](#)

Includes 5 live webinars, activities to test and deepen learning, and the chance to complete a project. Participants hear from Barclays employees, with the opportunity to ask questions and explore a variety of topics and are encouraged to think about how the knowledge and skills you will learn through the placement can be transferred to other industries. As a taster for the full work experience placement they provide an online work an interactive video where participants can ask questions answer questions and get to see the inner workings of a digital transformation agency from a first-person role playing game perspective.

[LearnLive](#)

Connect with employers and watch videos

[Icould](#)

[Future first](#)

Work experience in the 3rd sector

Hair and Beauty

[Eco Hair and Beauty](#)

The online 'salon' is for hairdressers and trainees to explore. By clicking on different areas of the salon you will learn about eco-friendly/sustainable techniques and products

Law/ Legal

[Legal - White & Case LLP](#)

Our virtual programme allows students to gain first-hand insight into life as a White & Case lawyer and experience the realities of cross-border law.

[The Lawyer Portal](#)

A list of law firms offering virtual work experience.

[Jacksons Law](#)

Opportunity to win a practice interview

[Linklaters](#)

Free programme of virtual experience

[Kennedys Law](#)

Our training programmes are designed to develop lawyers who will be the future of Kennedys.

[Pinset Masons](#)

Our virtual programmes give you the opportunity to see behind the scenes of Pinsent Masons. We'd be delighted to welcome you to our Vacation Placement programme, but this allows you to 'try before you buy'

Marketing

[Hunter Bevan](#)

A remote virtual work experience with a twist. Suitable for anyone interested in developing their design or marketing skills. Feedback will be given plus a chance to feature on Hunter Bevan's website.

Journalism

[National Council for the Training of Journalists \(NCTJ\)](#)

An online summer school, designed to provide an introduction to journalism for beginners. A range of topics is covered, including newsgathering, interviewing skills, media law, sports journalism and broadcasting.

[PWC](#)

The programme combines both live and pre-recorded sessions which will provide you with an insight into PwC and an opportunity to develop your employability skills. You'll also have the chance to engage with a range of PwC ambassadors through the interactive live sessions, whilst having the flexibility to watch and listen to the recorded sessions at a time best suited to you each week.

Medicine, Health & Social Care

Brighton and Sussex Medical School – becoming a Doctor

Have you thought about maybe becoming a Doctor or studying medicine? Work experience is an incredibly important part of this and it is essential that you start preparing yourself early. [Brighton and Sussex Medical School](#) have put together a wonderful opportunity for all who are considering medicine to gain some valuable work experience with them.

[Premed Projects Live TV](#) (*paid*)

Choose Online Courses when on link. Suitable for students aged 14-19 and interested in Biology, Science, healthcare and / or for those considering careers in medicine. Watch live videos within the operating theatre, download exam linked worksheets, watch interviews with healthcare professionals and receive tips and advice on applications to medicine. This is a paid service (monthly subscriptions start from £12.99).

First Aid [Introduction to First Aid](#)

Knowledge in First Aid is useful for all walks of life and different careers. It will obviously also be incredibly useful if you are considering a career in healthcare

Observe GP: Virtual Medical Work Experience

<https://www.rcgp.org.uk/training-exams/discover-general-practice/observe-gp.aspx>

Observe GP is an initiative which was set up by the Royal College of General Practitioners which is a professional body within the UK for GPs. Observe GP is a free system that was created for the purpose of giving every medical applicant a fair chance at gaining work experience.

Healthcare

[Caring in Hospitals](#) If you are thinking about going into Healthcare, becoming a Nurse or another allied health profession then this is a really great insight into working in a hospital.

Royal College of General Practitioners (RCGP)

Organised, by the RCGP, Observe GP is an alternative to work experience for aspiring medics aged 16 and over, who are living in the UK. It is a free interactive video platform providing insights into the role of a GP and the wider primary care team.

Psychological Research

[Introduction to Psychology](#) for those who are interested in pursuing a career in any of the caring/social/Mental Health professions

Social Work

[Interview with a Social Worker](#) A real life Social worker talks about their job and role and what is involved in becoming a Social Worker

Childcare

Our NurseryVue app builds learner confidence and prepares them for work experience by exploring childcare health and safety issues and solutions from the comfort of their own learning environment.

Sheffield teaching hospitals

We have put together this virtual resource that will assist you in carrying out alternative work experience. The resource contains information on a variety of job roles within the NHS, both clinical and non-clinical.

STEM

PwC

PwC has announced that applications are now open for their [Virtual Insight Week](#) programme, taking place this summer for Year 12 (Year 13 NI, S5 Scotland) students. The week-long programme supports Gatsby Benchmark 5 (encounters with employers and employees) and will offer an insight into PwC and professional services, with participants able to choose the sessions most relevant to them. Their Student Recruitment team will also be running employability sessions that will help students feel more confident when they begin their career search.

No experience is required to apply, but they do ask for students to be on track for 96 UCAS points. If you're interested in a career in the world of accounting, business or technology, [PwC's Virtual Insight Week](#) programme gives you the opportunity to learn more about these areas and develop your employability skills so you feel confident when you start exploring your career.

During this action packed week, you'll be able to attend a blend of live and pre-recorded sessions, which can be tailored to your interests, and hear from PwC's people who'll share their stories and be happy to answer any questions you have.

In 2021, PwC welcomed around 2,000 students to their Virtual Insight Week, and this year you could be a part of that too. To find out more and apply, click [here](#).

[Jacobs Juniors](#) If you have an eye for detail and enjoy design, the Jacobs Juniors work experience will give you the opportunity to gain virtual work experience with a real, very successful company. You will be tasked with designing a coronavirus research facility. You will be introduced to a wide range of

[Halliday Fraser Munroe](#) This course is suitable for year 10 and 12 but if in year 10, it would be very beneficial to have a keen interest in architecture. This is a real company, who are running a fantastic work experience programme online. You will complete 2 tasks including designing a house for a celebrity.

Environmental Science – Global warming

If you have an interest in the environment and enjoy Science, [this short course](#) will introduce you to the factors which affect climate change.

Forensic Science and Fingerprints

How do Forensic Scientists operate? What is involved in using fingerprints as evidence. [This course](#) will introduce to the basic principles of forensic science in the working world.

Veterinary Professions

Learn what it takes to become a vet and explore the challenges of the vet profession to decide if it's the right career for you.

Software engineering JP Morgan Internship

We're excited to offer you the opportunity to explore what life is like as a JPMorgan Chase software engineer with our Software Engineering Virtual Internship

Scape

In May, we launched Learning in Lockdown, a virtual work experience programme for students aged 14-15.

KPMG

In this online program, you will get to complete similar work that our Graduates do at KPMG. You will learn what it is like working at one of the world's best data analytics team, and build skills required to excel as a analytics consultant.

Sidequest

Stuck indoors? 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.

British Airways

Every 90 seconds a British Airways aircraft takes off from somewhere around the world. Ever wondered what it's like to be part of that excitement - the magic that connects Britain to the world and the world to Britain?

Now you can.

Idea

The Inspiring Digital Enterprise Award, known as iDEA, is an international programme that helps you develop and demonstrate your digital, enterprise and employability skills for free.

IGD

The food and grocery industry is growing, with jobs to suit everyone. Join our virtual work experience week to gain skills and experience to add to your CV, and expand your network, by interacting with industry professionals.

Miscellaneous

Coca-Cola Europacific Partners has launched their new on-demand [virtual work experience programme](#).

Features:

- The work experience programme designed for young people aged 14-18 and is free

- The duration is 2 hours and students can work through at their own pace
- Students will gain important skills for their CV, future applications and interviews
- There is the opportunity to have a go at a real industry challenge and create a social media campaign
- CCEP has worked with Whizz-Kidz to ensure young people with mobility issues and disabilities have the opportunity to participate in these on-demand opportunities.

Careers Hour Series

There will be two further Careers Hours on focussing on the Health and Retail sectors. Aimed at KS4 and 5 students, they feature a live panel, LMI and video insights from employers and young people in the sector. There will be a live q&a and jobs board and the recordings can be accessed after the event to be used at a time to suit learners. [Health](#) (12th May @10am) and [Retail](#) (7th July @10am).

Alternatives:

Unifrog

Students complete work experience placement at home:

<https://www.unifrog.org/teacher/resources/sort/distance-learning-work-experience-at-home-part-1>

<https://www.unifrog.org/teacher/resources/sort/distance-learning-work-experience-at-home-part-2>

<https://www.unifrog.org/teacher/resources/sort/distance-learning-work-experience-at-home-part-3>