

# Virtual Work Experience and Online Career Insight Opportunities

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## What is virtual work experience?

Virtual (online) work experience provides young people with the opportunity to gain an insight into the workplace remotely, usually using online conferencing software such as Teams or Zoom. Most virtual work experiences range from half a day to one week, but some may have regular sessions over a longer time period.

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## What's involved?

Experiences vary but most will include content such as: pre-recorded videos on what it's like to work in that organisation or job sector, virtual tours, live Q&A sessions, online meetings with a mentor, individual or group project work and networking opportunities.

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## What are the benefits?

- Virtual work placements are open to everyone, regardless of location.
  - Most virtual work experience placements are free, and you won't have to worry about travel expenses. There are also some paid opportunities – which can be costly, although bursaries are sometimes available for eligible students.
  - Remote working is likely to be important for most businesses in the future. Learning how to work online will be a valuable skill for the modern workplace.
  - Experience can be great for applications to college, university, apprenticeships or employment.
  - It can help you decide if a career area is right for you or not.
  - It's an opportunity to develop and practice some employability and career management skills such as: making applications, interviews, networking, communication, time management, presentation skills.
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## Safeguarding

- Be sure to check the company's credentials thoroughly by visiting their website and social media.
  - Only provide personal information on the application form which is absolutely essential.
  - It is best to use your school email address rather than your personal one.
  - Most companies will have age guidelines for suitability, but if not, do make sure it's age appropriate.
  - Make sure you tell Mrs Durand (School Careers Adviser) and your parents/carers that you are engaging with the programme.
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## How can I find opportunities?

The following organisations provide directories of current and ongoing opportunities:

- [The Careers and Enterprise Company](#)  
The CEC has created a database of opportunities with links to virtual work placements and training opportunities. However, you will need to check directly with the companies to see if they are still running scheme currently and taking applications. Things get out of date and change quickly.

- [New Anglia](#)  
Our Local Enterprise Partnership also maintains a database of opportunities for years 10/11 and 12/13.
- [Icanbea](#)  
Norfolk and Suffolk based careers website which features opportunities and links to local organisations.
- [Aylsham High School Careers website](#)  
Please visit our new school careers website for all the latest information and guidance about work experience – both virtual and ‘live’.

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## Companies offering general and multiple opportunities

- [Speakers4Schools](#)  
The leading provider of virtual work experience. Offers a wide range of free virtual placements in a number of job sectors. Some opportunities are regional and only open to certain groups of young people. Register to stay up to date with their latest developments.
- [Springpod](#)  
Similar to Speakers4Schools. An excellent range of free virtual work experience placements.
- [Barclays LifeSkills](#)  
An excellent website with resources and programmes to help young people develop the employability skills they need for a better future.
- [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 you must research all options thoroughly before applying.
- [Teach First's Work Experience Programme](#)  
For age 15+, Teach First is working with companies to provide virtual work experience to pupils nationwide. Eligibility criteria apply.
- [Sutton Trust](#)  
Runs amazing summer schools and other programmes to encourage young people to aspire to university. Eligibility criteria apply.
- [Future Learn](#)  
Huge range of free online courses (MOOCs) developed by universities, to enable you to learn about a new career area or extend your learning.
- [Open Learn](#)  
Similar to FutureLearn, free online courses from the Open University.

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## Medicine, Veterinary Medicine, Dentistry, other Health and Social Care

### *Medicine*

- [Brighton and Sussex Medical School](#)  
For aspiring medical students, this virtual work placement introduces students to the NHS and the roles and skill sets of six different medical specialists.
- [Premed Projects \(paid\)](#)  
Suitable for students aged 14-19 who are interested in biology, science, healthcare and medicine. View live videos within the operating theatre, download worksheets, watch interviews with healthcare professionals and receive tips and advice on applications.

- [Observe GP: Virtual Medical Work Experience](#)  
For students aged 16+. Programme of interactive virtual experience created for the purpose of giving every medical applicant a fair chance at gaining work experience.
- [Doc Talk \(paid\)](#)  
A five-day virtual work experience, which has been designed to simulate a clinical hospital placement. Cost from £22.00
- [InvestIN Young Doctor \(paid\)](#)  
Opportunities to observe patient consultations in a ward. Time will also be dedicated to medical school application coaching, including personal statements, applications and interviews.

### *Veterinary*

- [Veterinary Mentor](#)  
A free programme delivered by Medic Mentor which offers several free sessions over a 6 month period.
- [Exploring the Veterinary Profession](#)  
Age 16-18. 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.

### *Other Health and Social Care*

- [The NNUH \(N&N Hospital\)](#)  
Various local work experience opportunities including a week for year 10 and year 12 students, plus virtual careers advice sessions, talks and other resources
- [InvestIN Young Psychologist Programme \(paid\)](#)  
For students aged 15-18. Gain experience of psychology through a series of role-plays, seminars, simulations and Q&A sessions led by a group of experienced psychologists over 2 days.
- [Allied Healthcare Mentor \(paid\)](#)  
A live Virtual Work Experience Programme for those interested in a career in the allied health professions, including: nursing, midwifery, paramedics, physiotherapists, occupational therapists, radiographers, art, drama and music therapists, dietitians, operating department practitioners, podiatrists, osteopaths, orthoptists, speech and language therapists etc. Prices start from £10 a day.
- [Sheffield Teaching Hospitals](#)  
Links to information and live events about a variety of job roles within the NHS, both clinical and non-clinical.
- [Caring in Hospitals](#)  
Open Learn course which provides an insight into various clinical roles working in a hospital.
- [Social Work](#)  
Open Learn course - a social worker talks about their job and training.
- [Introduction to First Aid](#)  
Future Learn course. Useful for all walks of life and different careers.

### *Dentistry:*

- [Dental Live Virtual Work Experience | Medic Mentors](#)  
A series of free virtual 'live' experiences and interactions with dentists, following patient journeys over a 4-month period as they go from diagnosis, to treatment and follow up. Free.
- [Springpod Dentistry experience](#)  
Free online experience. Virtual 'live' workshops and flexible projects and assignments.
- [InvestIN Young Dentist Programme \(paid\)](#)  
For students aged 15-18 - an immersive experience of Dentistry through a series of role-plays, seminars, simulations and Q&A sessions led by a group of dentists over 2 days. You can choose to attend the programme either in-person at UCL or 'Live Online'.

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## Science, Technology, Engineering (Art) and Maths – STE(A)M

### *Architecture*

- [Halliday Fraser Munro](#)  
An online work experience programme for those interested in architecture and design.  
Age 13-17
- [GT3 Architecture](#)  
Five-day virtual experience for anyone interested in architecture or interior design.
- [InvestIN Young Architect Programme - 26-27 June 2021 \(paid\)](#)  
An immersive experience of Architecture through a series of role-plays, seminars, simulations and Q&A sessions led by a group of experienced architects over 2 days.  
For students 15-18 years.

### *Engineering*

- [Engineering Development Trust – Insight into University](#)  
For year 11 students. A comprehensive on-line course allowing students to experience STEM studies at university and the career opportunities that these subjects lead to.
- [Leonardo](#)  
Engineering placements - a range of programmes that provide an invaluable insight into the varied career options that can be explored from studying STEM-related subjects.

### *Building and Construction*

- [Scape](#)  
A virtual work experience programme for students aged 14-15 who are interested in building and construction.
- [Balfour Beatty](#)  
Virtual experience of the construction and engineering industry. Regular sessions over 6 weeks.

### *Construction - Trades*

- [Introduction to Plumbing](#)  
Free course. A good way of gaining some basic knowledge if you are considering a career as a plumber or heating engineer.
- [Introduction to Carpentry](#)  
This free course introduces you 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.

#### *Computer Science, IT, Digital, Game Design, Data Analysis, Cyber Security, Software Engineering*

- [JP Morgan Chase](#)  
Explore what life is like as a JP Morgan Chase software engineer.
- [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.
- [iDEA](#)  
The Inspiring Digital Enterprise Award, known as iDEA, is an international programme based on IT, cyber security and digital creativity – offering free mini courses in areas such as coding, virtual reality, e-safety.
- [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.
- [InvestIN Young Computer Scientist - 31 Jul - 4 Aug 2021 \(paid\)](#)  
Experience the real-life work of a Computer Scientist, with opportunities to build and programme an app, investigate cybercrime through data forensics, become a 'White Hat Hacker' and explore the capabilities of artificial intelligence and machine learning - for students 15-18 years old.
- [Barclays Life Skills Work experience with a digital transformation agency](#)  
Age 14-19. See the inner workings of a company. Meet and actively work with different departments on one exciting project, helping them to solve problems and to complete real-life tasks.
- [Thales Group](#)  
Age 16-19. A virtual work programme to give students the opportunity to develop their understanding of STEM subjects and gain first-hand experience of the exciting career possibilities, work sectors include aerospace, defence, security and transport.

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#### Law/ Legal

- [Legal - White & Case LLP](#)  
A virtual programme allowing students to gain first-hand insight into life as a White & Case lawyer.
- [The Lawyer Portal](#)  
A list of law firms offering virtual work experience.
- [Jacksons Law](#)  
Opportunity to win a mentoring conversation with a practising lawyer.
- [Kennedys Law](#)  
Age 14+. A programme which offers real work experience as you will complete tasks to gain legal analytical skills, develop legal knowledge of the insurance industry, and learn critical legal communication, research, and drafting skills.

- [Pinsent Masons](#)  
An opportunity to see behind the scenes of leading law firm, Pinsent Masons.

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## Education and Public Services

- [Early Years and Childcare Virtual Work Experience \(CACHE\)](#)  
The 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.
- [The World of the Primary School](#)  
An Open Learn introductory course about the teaching profession.
- [Policing - Sure, I Know How to Talk to People](#)  
Open Learn course. An introduction to the Police Force focusing on one of the most important skills, communication.

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## Business, Banking & Finance, Accountancy, Civil Service, Journalism

- [Marketing - Hunter Bevan](#)  
Virtual work experience for anyone interested in developing their design or digital marketing skills.
- [Accountancy - PWC](#)  
Live and pre-recorded sessions which will provide an insight into accountancy giant PWC and an opportunity to develop employability skills.
- [Banking - InvestIN Young Investment Banker - 31 Jul – 4 Aug 2021 \(paid\)](#)  
A 5 day placement where participants are given the opportunity to work with top Investment Bankers.
- [Politics and Civil Service - InvestIN Young Political Leader - 31 Jul – 4 Aug 2021 \(paid\)](#)  
A 5 day internship that enables participants to work with key figures from the world of Politics, including representatives of the UN, the House of Commons, the Foreign Office and NGOs.
- [Media - National Council for the Training of Journalists](#)  
Online resources and learning experiences for aspiring journalists.

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## Biodiversity, Conservation and Food

- [Operation Wallacea \(paid\)](#)  
This organisation runs overseas biodiversity research projects and offers online insights for students interested in roles within this sector involving science, geography, business, marketing, English and project management. 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.
- [IGD 'Feeding Britain's Future Workforce'](#)  
Virtual work experience week focused on the huge food and grocery industry.