

# Work Experience Ideas

When to do work experience – ideally you are expected to fit it in around your timetable. Or during PD Days or holidays/evenings/ weekends.

## Business and Finance

- Use [www.Do-it.org](http://www.Do-it.org) – Community Voice FM have opportunities
- BBC Work Experience – 3 areas exist -Sports, News, Vision
- Channel 4 – Inspiration Day, Inspiration Week, 4 Talent
- ITV – 2 week Work Inspiration Programme (14-17yrs)
- Penguin Books – 2 Weeks experience in different areas
- Sky – 2 weeks work experience
- Guardian 'Insight into Journalism Day' over 18s only, email [work.experience@guardian.co.uk](mailto:work.experience@guardian.co.uk)
- Which? – 1week experience in Marketing or Research, email [recruitment@which.co.uk](mailto:recruitment@which.co.uk)
- PWC – Run insight weeks for Year 12 students



## Animals, Environment, Land

- Use [www.Do-it.org](http://www.Do-it.org)
- RSPB – Saltholme
- Riding Schools
- Shaw Trust Horticulture Team
- RSPCA – Great Ayton
- Volunteer Dog Walker (Maxis mates)
- Local vets – difficult to get in, write to all then ring 2 weeks later
- <https://www.archaeology.co.uk/digs>
- <https://www.tcv.org.uk/volunteering> (Conservation volunteers)
- Please note –Vet surgery, between 2 weeks (Cambridge) – 4 weeks (Nottingham) experience is needed in a variety of placements (Farm, Vet, Rescue)



## Teaching

Work Experience – VITAL! Ideally in a school.

- Ask at your old school
- Beavers/Cub/Scouts/Brownies/Rainbows/Guides
- After School Clubs or Holiday Clubs
- Sports clubs with younger members (coaching)



## Emergency and uniformed services

- North Tees Volunteers
- Any Care Home Experience
- North East Ambulance Service day placements
- St John's Ambulance
- Fire Stations have Junior Firefighter teams
- Fire Support Network
- Youth Clubs
- Sports Clubs
- Duke Of Edinburgh



## Health Careers

This is something you need to organise yourself.

- North Tees recruit volunteers – Application Form Available from Lauren or the North Tees Website
- Approach your GP surgery to ask for 1 day
- Look at your community – is there a care home nearby? Do you live near a Family Hub where Nurses and Health visitors will come in? Ask everywhere. Do not ask for too much! Start with asking for an afternoon. Work from there!
- Speech and Language Therapy – North Tees –Offer ½ day with the children's team and ½ day with the adults team



# Work Experience Ideas

## Medicine

- Essential
- Ensure Work Experience is done as a Year 1 student
- North Tees Volunteers
- Please note – some organisations will refuse if you are under 18
- Care Homes
- GP surgeries
- Physiotherapy private practices
- School Nursing team 0333 3202 302
- Approach by letter or email, do this YOURSELF
- Don't ask for too much (start with 1 afternoon!)



## Dentistry

- Essential
- Ensure work experience is done as a Year 1 student
- Needed to a dental practice
- Approach by letter or email, do this YOURSELF
- Don't ask for too much (Start with 1 afternoon!)

## Psychology, Social Work and Counselling

- Get the right placement... look for one:
- Where the service users are 'vulnerable'
- A chance to see multi-agency working
- Observing the use of paperwork and how it's handled
- Seeing changes and impacts over a period of time
- 'The good, the bad, the ugly' – Teesside Uni
- Citizens Advice – numerous roles
- A Way Out Project Stockton



## Other ideas

- High Tide Foundation – summer placements
- Use [www.Do-It.org](http://www.Do-It.org) – lots of companies wanting volunteers
- Charity shops
- Age UK IT support for older people
- Interpreter for MAP in Middlesbrough (Asylum seeker support)
- Fundraiser for MIND
- Citizens Advice – numerous roles
- Law Firms often run programmes during the Easter and Summer Holidays

Talk to people you know, they might have a contact that can help you gain experience.