

Looking for work experience

Why is work experience important?

- Some courses or jobs require it.
- It can help you find out what a job or work sector is really like.
- You will learn about the workplace and what employers expect from you.
- You can add it to your CV.
- It's a way of getting a reference from an employer.

If you enjoy your work experience... Great! ✓

It sounds as if the job might suit you and having some experience will really help.

If you don't enjoy your work experience... Great!

Maybe you can cross the idea off your list! It's still worth thinking about why you didn't enjoy it and what you can learn from it.



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Your school or college may suggest some organisations but they will probably also encourage you to look for your own work experience placement.

Family and friends

Many young people find placements this way. Tell everyone you know!

Your community Ask in your neighbourhood, local shops, church, sports club etc.

Contacting employers

You can contact employers and ask if they have any opportunities. (This is called a 'speculative application'.) If you have a specific job in mind, try an online search for companies. Local newspapers and business directories are useful too.



Getting started

Start contacting companies early as a placement can take time to organise, especially if they need to carry out any checks. It might be tempting to ask an adult to make the first contact for you but you will make a much better impression if you do it yourself.

If you know someone who works in the company, ask them for the name of a contact, e.g. the human resources (HR) manager) and check whether you should email, phone or send a letter.

Companies may respond in different ways. Some may want to see an application form or CV before inviting you to an interview. Ask your school or careers adviser if you need help with writing a CV



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Here are some organisations that publish information about work experience. Some offer short placements, typically lasting one or two weeks. Others (particularly those using volunteers) might want a regular commitment, e.g. a few hours a week. They may also set age limits.

Many other organisations are also worth contacting. Most companies in Sheffield are small employers so they don't have regular opportunities, but they may respond if you're keen enough to get in touch.

AMRC Training

<https://amrctraining.co.uk/manufacturing-camp-interest>



Curzon Cinema

www.curzon.org.uk/about/volunteer



HSBC

www.hsbc.com/careers/students-and-graduates/student-opportunities/uk-work-experience-programme

Heely City Farm

www.heeleyfarm.org.uk/volunteering

Henry Boot

www.henryboot.co.uk/careers/working-with-us

Kier

www.kier.co.uk/careers/work-experience

Marks and Spencer

<https://jobs.marksandspencer.com/early-careers>

McDonalds

<https://people.mcdonalds.co.uk/early-career-opportunities/student-work-experience-programme>

Museums Sheffield

www.museums-sheffield.org.uk/support-us/volunteering-programme

National Citizen Service

<https://wearencs.com>



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Santander

www.santanderjobs.co.uk/settingpotentialfree

Sheffield Children's NHS Foundation Trust

www.sheffieldchildrens.nhs.uk/about-us/careers-and-opportunities/work-placements

Sheffield Teaching Hospitals

www.sth.nhs.uk/work-for-us/work-experience



For news of other health and care work experience opportunities, visit SYREC:

www.syrechealthandsocialcarecareers.co.uk/young-people

Sheffield Theatres

www.sheffieldtheatres.co.uk/get-involved

South Yorkshire Fire and Rescue (Work experience is under review but keep checking.)

www.syfire.gov.uk/find-a-job/work-experience

St John Ambulance

www.sja.org.uk/get-involved/young-people

Voluntary Action Sheffield (VAS)

www.sheffieldvolunteercentre.org.uk/im-a-young-person

Volunteer Libraries Sheffield

<https://volunteerlibrariesinsheffield.org>

Waitrose

www.jlpjobs.com

Whirlow Hall Farm Trust

www.whirlowhallfarm.org/get-involved/student-work-experience



Virtual work experience

Some organisations are developing virtual work experience where you can meet employers and complete workplace tasks without visiting the company.

Look out for further news on: www.sheffieldfutures.org.uk and also check out:

<https://southyorkshire.startprofile.com/page/develop-work-experience>

www.careerpilot.org.uk/information/a-job-or-career/finding-virtual-work-experience

www.speakersforschools.org/experience-2/vwex

Your school might also have information.

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Some of the UK's top companies offer work experience to young people in Years 10-13. These programmes might involve staying away from home for a short time but, if you're ready for an adventure, they can be a great opportunity. Here is a selection:



BBC

www.bbc.co.uk/careers/work-experience

Channel 4 (Age 18+)

<https://careers.channel4.com/4talent/work-experience>

Chatsworth

<https://devonshiregroupcareers.co.uk/devonshire-group/work-experience>

Deloitte www2.deloitte.com/uk/en/careers/programmes

EDT (STEM programmes, including The Year in Industry scheme)

www.etrust.org.uk

Goldman Sachs www.goldmansachs.com/careers/students/programs/index.html

JPMorgan Chase & Co

<https://careers.jpmorgan.com/global/en/students/programs/uk-work-experience>

National Theatre www.nationaltheatre.org.uk/young-people

National Trust www.nationaltrust.org.uk/features/work-experience

PWC www.pwc.co.uk/careers

Rolls Royce

<https://careers.rolls-royce.com/united-kingdom/students-and-graduates/work-experience>

Screenskills (Opportunities in TV, film, visual effects, animation)

www.screenskills.com/training-and-opportunities

Student Ladder (Advertises a range of placements.)

www.studentladder.co.uk/work-experience

